

# First Aid Courses



Course Details	Price	Days	Delivery	Add-Ons	Refresher	Open Option
Level 3 Award in First Aid At Work	£1575.00	3	Classroom or blended	Oxygen Therapy (+£120) Alcohol Awareness	2 day: £1050	✓
Level 3 Award in Emergency First Aid At Work	£525.00	1	Classroom	Ligature (+£170) Forestry (+£170) Electrical Accidents Alcohol Awareness		✓
Level 3 Award in Combined First Aid at Work & Advanced Paediatric	£1575.00	3	Classroom			
Level 3 Award in Paediatric First Aid	£825.00	2	Classroom			✓
Level 3 Award in Emergency Paediatric First Aid	£525.00	1	Classroom			
Level 2 Award in Basic Paediatric First Aid	£395.00	0.5	Classroom or webinar			
Level 3 Award in First Aid Principles	£14.95	0.5	eLearning			
Level 3 Award in Immediate Life Support	£895.00	1	Classroom		Half day: £695	
Level 2 Award in Basic Life Support	£330.00	0.5	Classroom or Webinar	Anaphylaxis		
Level 2 Award in First Aid Awareness	£330.00	0.5	Classroom or Webinar			
Level 2 Award in Automated External Defibrillation	£330.00	0.5	Classroom			
Level 3 Award in Medical Emergencies in Dental Practices	£525.00	1	Classroom			
Level 2 Award in Basic Skills Update	£330.00	0.5	Classroom or Webinar			
Level 2 Award in Anaphylaxis and Emergency Medication	£395.00	0.5	Classroom or Webinar			

To enquire about training or to book a course, please get in touch by phone or email.  
If you require regulated qualifications (RQF), we can provide Highfield Qualifications first aid training.

Course Contents	Primary survey	CPR	AED	Recovery position	Choking	Injury	Shock	Chest pain	Seizure	Stroke	Infection	Allergy	Asthma	Diabetes	Heat & cold	Poison
Level 3 Award in First Aid At Work Qualifying	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
Level 3 Award in Emergency First Aid At Work	X	X	X	X	X	X	X	X	X	X	X					
Level 3 Award in Combined First Aid at Work & Advanced Paediatric	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
Level 3 Award in Paediatric First Aid	X	X	X	X	X	X	X	X	X			X	X	X	X	X
Level 3 Award in Emergency Paediatric First Aid					X	X	X		X			X				
Level 2 Award in Basic Paediatric First Aid	X	X	X	X	X	X	X		X			X	X	X		
Level 3 Award in First Aid Principles	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
Level 3 Award in Immediate Life Support Qualifying	X	X	X		X							X				
Level 2 Award in Basic Life Support	X		X	X	X											
Level 2 Award in First Aid Awareness	X	X	X	X	X	X	X									
Level 2 Award in Automated External Defibrillation	X	X	X	X				X								
Level 3 Award in Medical Emergencies in Dental Practices	X		X		X		X	X	X			X	X			
Level 2 Award in Basic Skills Update	X	X	X	X	X											
Level 2 Award in Anaphylaxis and Emergency Medication												X				

We map our courses to guidance from the Health and Safety Executive (HSE), the Resuscitation Council, the Early Years Foundation Stage (EYFS) Statutory Framework, Millie's Mark, Ofsted, the Joint Royal Colleges Ambulance Liaison Committee (JRCALC), and the 11th edition of the First Aid Manual (DK Books, 2021).

# First Aid Needs Assessment



How many qualified First Aiders do you need? Which courses are best suited for your workplace? A first aid needs assessment will help you answer these questions.

**Hazards:** Hazards might be specific to your type of work, e.g. chemical exposure from working with industrial solvents, or more general, e.g. fractures from slipping on wet floors. You will need to assess the likelihood of any incidents and the seriousness of resulting injuries and ill health. The specific hazards in your workplace will affect what your first aiders need to learn.

**People:** The number of people present will affect how many first aiders you will need. This could change on different days of the week or at different times of day depending on shifts and remote working schedules. This includes employees, visitors, contractors, etc. You will need to make sure you have enough first aiders to cover absences and holidays.

**History:** Consider the history of first aid in your workplace and whether you need to make changes to prevent future incidents.

**Needs:** The needs of staff and visitors may include disabilities, mental health issues, and lone working. The needs of the people in your workplace will affect what your first aiders need to learn.

**Location:** If your workplace is split into multiple sites, you will need first aiders for each site. If your workplace is especially remote or difficult to access, your first aiders may need more advanced or specialist training.

## How Many First Aiders?

There are no exact rules as the number of first aiders you need will depend on your specific workplace. There must always be at least one appointed person available whenever people are at work.

## Which Course?

In order to become a qualified first aider, you will need to complete the Level 3 Award in First Aid At Work or the Level 3 Award in Emergency First Aid At Work. We offer optional additional content for these courses (see above).

For more information, refer to the Health and Safety Executive (HSE) website: [hse.gov.uk](http://hse.gov.uk)

## Our Recommendations

**Low Risk Workplaces:** (e.g. offices) should have at least one first aider on site whenever people are at work.

Our Level 3 Award in Emergency First Aid At Work can qualify first aiders for low risk workplaces, but the Level 3 Award in First Aid At Work is best to prepare for a wider range of scenarios.

The HSE recommend any companies with more than 25 people have at least one first aider on-site, even in low-risk environments.

**High Risk Workplaces:** (e.g. construction) should have multiple first aiders based on the size and specific risks of each site.

First aiders should complete our Level 3 Award in First Aid At Work. You should also consider additional training for handling specific risks.