

Emergency First Aid at Work (1 day)



Printed on 28 May 2026

STA Level 3 Award in Emergency First Aid at Work aims to provide learners with the knowledge and practical competences required to be able to deal with a range of workplace emergency first aid situations. This qualification is regulated by Ofqual (England) and Qualifications Wales (Wales).

Location	At your workplace
Course length	1 day
Cost	Depends on group size and location, please call us for a quote
Prerequisites	Age 16 years or older. Must be able to perform practical demonstrations on the floor.
Validity of award	This qualification is valid for 3 years

Topics

Understand the role and responsibilities of a first aider

Be able to assess an emergency situation safely

Be able to provide first aid to an unresponsive casualty who is breathing normally (includes recovery position)

Be able to provide first aid to an unresponsive casualty who is not breathing normally (includes CPR and AED)

Be able to provide first aid to a casualty who is choking

Know how to provide first aid to a casualty who is experiencing a seizure

Know how to provide first aid to a casualty who is suffering from shock

Be able to provide first aid to a casualty with external bleeding

Know how to provide first aid to a casualty with minor injuries (small cuts, grazes, bumps and bruises, small splinters, nosebleeds, minor burns and scalds)

Assessment

- Tutor assessed through practical demonstrations
- Completion of a multiple-choice theory assessment

Additional information

For more in depth learning and coverage of more topics please see our three day First Aid at Work course.

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Make an enquiry or book a course

- Call now 0800 0246299, Available Mon-Fri, 9am - 5pm
- Email info@stdavidsfirstaid.co.uk