

First Aid

Courses



Find A Course
To Suit You And
Your Workplace



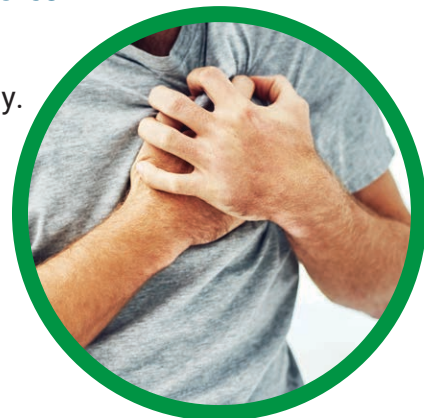
First Aid – EVERY second counts!

In an emergency, someone who is not breathing can suffer brain damage in just 4 minutes, and brain death in just 8 to 10 minutes. Paramedics could take 10 minutes or more to arrive.

It is critical to have on-site employees trained in first aid to respond quickly. It is truly a matter of life and death.

In 2020 alone, 65 million days were lost due to work injuries, costing £53.9 billion in wage and productivity losses. And more than 4,100 workers died on the job due to preventable workplace injuries.

DSG Training Services is a leader in first aid education. For the last 25 years we've helped individuals train and prepare themselves for emergency situations.



Learn first aid training from the experts

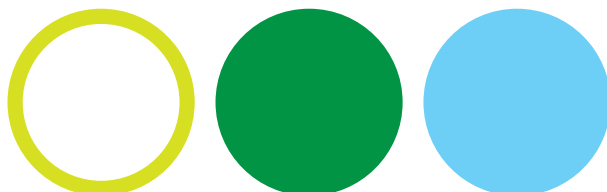
Why DSG Training Services?

The base element of first aid is the human element. The entire concept of first aid and CPR training is to purely preserve human life. DSG Training Services believes that is one mission everyone should partake in – training today could help you save a life tomorrow!

DSG Training First Aid courses are:

- Updated with the Latest CPR and First Aid guidelines
- This program aims to exceed best practices for first aid
- Less expensive than other major providers, and NEW digital options are now even more affordable
- Innovative, offering a highly interactive classroom.
- Unique, providing a blended option with interactive classroom portions to reduce time, increase engagement and save money
- Specifically designed for the workplace

Every DSG Training First Aid program has additional bonus content that goes above and beyond the CPR and First Aid guideline requirements.



3-HOUR COURSE

Annual First Aid Refresher Course



Annual Refresher Course for First Aiders and Emergency First Aiders

Although it is not mandatory, the Health & Safety Executive (HSE) strongly recommend that qualified First Aiders and Emergency First Aiders undertake an annual refresher course in order to keep their skills up-to-date and refreshed.

This three hour annual refresher course has been designed to meet that requirement and will help First Aiders to maintain their skills and knowledge whilst also keeping up-to-date with any changes to protocols.

Duration

A minimum of 3 hours, consisting of theoretical and practical activities.

Syllabus

A range of subjects is covered including:-

- Responsibilities
- Primary Assessment
- Recovery Position
- Resuscitation
- Wounds and bleeding
- Hygiene
- Communication skills
- Top-to-toe survey
- Action for vomit
- Chain of Survival
- Bandaging

Certification

A certificate of attendance will be issued.

Numbers

It is recommended that no more than 16 students attend this course.

Age limit

Students from the age of 14 can attend this course.

2-HOUR TRAINING COURSE

Appointed person course



Where an employer's assessment of First Aid needs identifies that a First Aider or Emergency First Aider is not necessary, the minimum requirement on an employer is to appoint a person to take charge of the First Aid arrangements, including looking after equipment and facilities, and calling the emergency services when required.

Duration

2 hours of theoretical training with no practical training.

Syllabus

A range of subjects is covered including:-

- **Legislation**
- **Equipment and facilities**
- **Responsibilities**
- **Accident Reporting**
- **Risk Assessment of First Aid needs**

Certification

A certificate of attendance is issued to all those who attend.

Numbers

It is recommended that no more than 16 students attend this course.

Age limit

Students must be a minimum of 16 years to qualify.

Basic Life Support and the safe use of an AED

(AUTOMATED EXTERNAL DEFIBRILLATOR)



RQF Level 2 Award

Qualification title:	FAA Level 2 Award in Basic Life Support & Safe Use of an Automated External Defibrillator (RQF)	Code:	601/5478/0
Unit 1 title:	Basic Life Support and using an Automated External Defibrillator	Unit code:	L/506/8532
Credit:	1		

SCQF Level 5 Award

Qualification title:	Award in Basic Life Support & Safe Use of an Automated External Defibrillator at SCQF Level 5	Code:	R434 04
Unit 1 title:	Basic Life Support and using an Automated External Defibrillator	Unit code:	UG50 04
Credit:	1		

Heart and circulatory disease claims around 200,000 lives each year. Many could have been saved if a defibrillator was made available. Automated External Defibrillators (AED's) are now becoming more common throughout a range of public and work places. A casualty's survival rate will dramatically increase if an AED is available and if you have appropriately qualified personnel to use it. This very practical course will enable your learners to use the AED competently and with confidence. Not only does this course deal with the use of an AED but it also includes vital training in basic life support including resuscitation.

Duration

A minimum of 4 contact hours in the classroom, consisting of practical and theoretical activities.

Syllabus

A range of subjects are covered including:

- Responsibilities and reporting
- Dealing with an unresponsive casualty
- Resuscitation
- Defibrillation procedures
- Assessment of the situation
- Infection control
- AED functions
- Safety measures

Assessment and Marking

The course Instructor is responsible for determining whether delegates pass or fail based on practical and oral assessment throughout the course, i.e. by observation and oral questioning, as well as the completion of a question paper at the end of the course. The Instructor will only award a pass if they believe that delegates have displayed the requisite understanding and competencies at the end of each session throughout the course and successfully completed the question paper.

Certification

This qualification is valid for 3 years from the date of achievement. The learner will need to complete the full course again to requalify for a further 3 years. It is recommended that the learner attends annual refresher training.

Numbers

A maximum of 12 students can be accommodated on this course and all candidates must be a minimum of 14 years of age to qualify.

Defibrillation training CPR-AED

Cardiopulmonary Resuscitation (CPR)
and Automated External Defibrillation (AED)

This very practical course will enable your learners to use the AED competently and with confidence.



RQF Level 2 Award

Qualification title:	FAA Level 2 Award in Cardiopulmonary Resuscitation & Automated External Defibrillation (RQF)	Code:	600/1852/5
Unit 1 title:	Cardiopulmonary Resuscitation and Automated External Defibrillation Skills	Unit 1 code:	J/503/1186

SCQF Level 5 Award

Qualification title:	Award in Cardiopulmonary Resuscitation & Automated External Defibrillation at SCQF Level 5	Code:	R149 04
Unit 1 title:	Cardiopulmonary Resuscitation and Automated External Defibrillation Skills	Unit 1 code:	U736 04

Heart and circulatory disease claims around 200,000 lives each year. Many could have been saved if a defibrillator was made available. Automated External Defibrillators (AED's) are now becoming more common throughout a range of public and work places. A casualty's survival rate will dramatically increase if an AED is available and if you have appropriately qualified personnel to use it.

Not only does this course deal with the use of an AED but it also includes vital training in resuscitation and choking procedures.

Duration

A minimum of six contact hours in the classroom, consisting of practical and theoretical activities.

Syllabus

A range of subjects are covered including:-

- Responsibilities and reporting
- Assessment of the situation
- Dealing with an unresponsive casualty
- AED functions
- Resuscitation
- Heart attacks
- Infection control
- Defibrillation procedures
- Choking
- AED safety
- Paediatric defibrillation

Assessment and Marking

The course Instructor is responsible for determining whether delegates pass or fail based on practical and oral assessment throughout the course, i.e. by observation and oral questioning, as well as the completion of a multiple-choice question paper at the end of the course. The Instructor will only award a pass if they believe that delegates have displayed the requisite understanding and competencies at the end of each session throughout the course and successfully completed the question paper.

Certification

This qualification lasts for 3 years. To renew their qualification after 3 years, delegates will need to retake the full course. However, it is recommended that, during the 3 year period, delegates attend annual refresher courses.

Numbers

A maximum of 12 students can be accommodated on this course and all candidates must be a minimum of 14 years of age to qualify.

Basic Life Support

This 3-hour Basic Life Support awareness course is suitable for anyone looking to gain basic first aid knowledge and skills. It is particularly suitable for healthcare professionals for the purpose of Continual Professional Development (CPD).



This is a short course in Basic Life Support and is ideal for those looking to gain basic first aid knowledge and skills. The aim of the course is to enable all students to deal with an unresponsive casualty who is breathing normally, and how to deal with an unresponsive casualty who is not breathing normally.

Duration

A 3-hour course consisting of theory and practical work.

Syllabus

A range of subjects is covered including:-

- Arriving at the scene
- Primary survey
- Secondary assessment
- Resuscitation

Certification

Although there is no formal assessment, the trainer will assess each individual ongoing throughout the course and issue a certificate of attendance.

Numbers

A maximum of 16 students can be accommodated on this course.

Age limit

There is no age limit for those who wish to attend.

Basic Life Support

This regulated Level 2 Basic Life Support qualification will give learners the skills, knowledge and practical competence to administer first aid until professional medical help arrives. It is particularly suitable for healthcare professionals for the purpose of Continual Professional Development (CPD).



RQF Level 2 Award

Qualification title: **FAA Level 2 Award in Basic Life Support (RQF)**

Code: **603/5171/8**

Unit 1 title: **Basic Life Support**

Unit code: **Y/617/8400**

The Basic Life Support qualification will give learners the skills and knowledge to act in an emergency situation providing the casualty with critical life saving assistance until support arrives.

The qualification is delivered following the protocols set by the Resuscitation Council (UK) Guidelines.

Duration

A minimum of 3 contact hours in the classroom, consisting of practical and theoretical activities. The course can be delivered in one day or spread over a maximum of 3 weeks ensuring that each session is a minimum of 1 hour.

Syllabus

A range of subjects are covered including:

- **Cardiopulmonary Resuscitation (CPR)**
- **Primary Survey**
- **Choking**
- **Safe use of an Automated External Defibrillator (AED)**
- **Recovery position**

Assessment and Marking

The course Instructor is responsible for determining whether delegates pass or fail based on practical assessment throughout the course, i.e. by observation and oral questioning. The Instructor will only award a pass if they believe that delegates have displayed the requisite understanding and competencies at the end of each session throughout the course.

Certification

This qualification is valid for 3 years from the date of achievement. The learner will need to complete the full course again to requalify for a further 3 years. It is recommended that the learner attends annual refresher training.

Numbers

A maximum of 12 students can be accommodated on this course and all candidates must be a minimum of 14 years of age to qualify.

Emergency First Aid at Work

Where a workplace first aid risk assessment identifies a need for an Emergency First Aider in the Workplace, this one-day qualification meets the requirements of the Health and Safety (First Aid) Regulations 1981 and the Health and Safety (First Aid) Regulations (Northern Ireland) 1982.



RQF Level 3 Award

Qualification title:	FAA Level 3 Award in Emergency First Aid at Work (RQF)	Code:	603/2080/1
Unit 1 title:	Emergency First Aid in the Workplace	Unit code:	Y/615/8504

SCQF Level 6 Award

Qualification title:	Award in Emergency First Aid at Work at SCQF Level 6	Code:	R529 04
Unit 1 title:	Emergency First Aid in the Workplace	Unit code:	UL20 04

All learners will have the skills and knowledge to provide the organisation with Emergency First Aider's that can provide treatment to their casualties in a prompt, safe and effective manner.

Duration

A minimum of six contact hours in the classroom, consisting of practical and theoretical activities, plus some pre-course activity could be required. Ideally, the course should be run over one day, but can be spread over a longer time period if you so desire, providing it is completed within 4 weeks of starting the course and the training sessions last for a minimum of two hours.

Syllabus

A range of subjects are covered including:-

- Responsibilities and reporting
- Assessment of the situation
- Dealing with an unresponsive casualty
- Basic hygiene in First Aid
- Resuscitation and AED awareness
- Anatomy
- Minor injuries
- Bleeding control
- Burns
- Choking
- Epilepsy
- Shock

Certification

Practical assessment is ongoing by the instructor, and a three year qualification will be issued to those who satisfy the criteria. In addition, the HSE strongly recommend that all students undergo an annual refresher programme of three hours

Numbers

A maximum of 12 students are allowed and must be a minimum of 14 years of age and a certificate can be offered to all, subject to assessment. A student cannot assume a responsibility in the workplace until they reach the age of 16, and then it is the employer's responsibility to ensure that the student is suitable for that role.

The certificate will expire as dated on the certificate, irrespective of age.

First Aid at Work

Where a workplace first aid risk assessment identifies a need for a First Aider in the Workplace, this three-day qualification will give the participants a qualification to the highest level of First Aid, meeting the statutory requirements of the Health and Safety (First Aid) Regulations 1981 and the Health and Safety (First Aid) Regulations (Northern Ireland) 1982.



RQF Level 3 Award

Qualification title:	FAA Level 3 Award in First Aid at Work (RQF)	Code:	603/2081/3
Unit 1 title:	Emergency First Aid in the Workplace	Unit code:	Y/615/8504
Unit 2 title:	Recognition and Management of Illness and Injury in the Workplace	Unit code:	M/615/8508

SCQF Level 6 Award

Qualification title:	Award in First Aid at Work at SCQF Level 6	Code:	R528 04
Unit 1 title:	Emergency First Aid in the Workplace	Unit code:	UL20 04
Unit 2 title:	Recognition and Management of Illness and Injury in the Workplace	Unit code:	UL21 04

It is a requirement of the Health & Safety law that employers provide a safe and healthy environment to work in. If your assessment of first aid needs highlights the need for qualified first aiders, then this level 3 qualification (level 6 in Scotland) will provide you with suitable, highly trained personnel.

This comprehensive three-day course covers a wide range of first aid emergencies, enabling all participants to deal with emergency situations with confidence in a prompt, safe and effective way. In addition, this course will include any protocol changes that may have arisen since their last training course.

Duration

A minimum of 18 hours spread over at least three days. Ideally, the course should be run over three consecutive days, but we have the flexibility to accommodate your specific needs if you so desire providing it is completed within 10 weeks of starting the course and the training sessions last for a minimum of two hours.

Syllabus

A range of subjects are covered including:-

- Legalities, responsibilities and reporting
- Dealing with an unresponsive casualty
- Fractures and spinal injuries
- Resuscitation and AED awareness
- Assessment of the situation
- Control of bleeding
- Shock (including Anaphylaxis)
- Heart attacks
- Head injuries
- Sprains and strains
- Poisoning
- Bandaging
- Choking
- Eye injuries
- Chest injuries
- Asthma
- Diabetes
- Stroke
- Burns
- Epilepsy

Certification

Summative practical assessment is ongoing by the instructor each day, along with a written assessment for unit 2.

A three year Level 3 Award in First Aid at Work (Level 6 in Scotland) will be issued to the learner, subject to successful assessment. No external assessors are required.

Numbers

A maximum of 12 students are allowed and must be a minimum of 14 years of age and a certificate can be offered to all, subject to assessment. A student cannot assume a responsibility in the workplace until they reach the age of 16, and then it is the employer's responsibility to ensure that the student is suitable for that role. The certificate will expire as dated on the certificate, irrespective of age.

First Aid at Work Re-qualification

This 2-day First Aid at Work course is designed for those who currently hold a First Aid at Work qualification and are due to expire and meets the requirements of the Health and Safety (First Aid) Regulations 1981 and the Health and Safety (First Aid) Regulations (Northern Ireland) 1982.

PLEASE CONSIDER THE FOLLOWING RULES FOR ATTENDANCE:

- A First Aider can renew their FAW qualification by attending a 2-day requalification course without question, if it's within 1 month past the expiry date
- If the First Aider has lapsed by more than 1 month, but no longer than 3 months, then the First Aider can requalify by attending a 2-day course providing 'Special considerations' have been applied

SPECIAL CONSIDERATIONS ARE:

- A signed letter from the employer to the provider of the training stating the reasons why in their opinion, the First Aider is suitably experienced to attend a 2-day course and does not require a full 3-day FAW course OR ...
- A decision is made by the provider of the training after discussions with the employer, or the First Aider, and deciding that their previous experience is sufficient to attend a 2-day course
- If the First Aider has lapsed beyond 3 months then they must attend a full 3-day FAW course

RQF Level 3 Award

Qualification title:	FAA Level 3 Award in First Aid at Work (RQF)	Code:	603/2081/3
Unit 1 title:	Emergency First Aid in the Workplace	Unit code:	Y/615/8504
Unit 2 title:	Recognition and Management of Illness and Injury in the Workplace	Unit code:	M/615/8508

SCQF Level 6 Award

Qualification title:	Award in First Aid at Work at SCQF Level 6	Code:	R528 04
Unit 1 title:	Emergency First Aid in the Workplace	Unit code:	UL20 04
Unit 2 title:	Recognition and Management of Illness and Injury in the Workplace	Unit code:	UL21 04

The important thing to remember is that as soon as the certificate expires, the First Aider is no longer considered competent to act as a First Aider in the workplace which may well leave the employer with a shortfall of First Aiders. Therefore, it would be prudent to arrange their requalification before they expire.

Duration

A minimum of 12 hours spread over at least two days. Ideally, the course should be run over two consecutive days, but can be spread over a longer time period if you so desire, providing it is completed within 7 weeks of starting the course and the training sessions last for a minimum of two hours.

Syllabus

A range of subjects are covered including:-

- Legalities, responsibilities and reporting
- Dealing with an unresponsive casualty
- Fractures and spinal injuries
- Resuscitation and AED awareness
- Assessment of the situation
- Control of bleeding
- Shock (including Anaphylaxis)
- Heart attacks
- Head injuries
- Sprains and strains
- Poisoning
- Bandaging
- Choking
- Eye injuries
- Chest injuries
- Asthma
- Diabetes
- Stroke
- Burns
- Epilepsy

Certification

Successful qualification on this course is based on practical assessments conducted throughout the course and written test papers for unit 2. A three year Level 3 Award in First Aid at Work (Level 6 in Scotland) will be issued to the learner, subject to successful assessment. No external assessors are required.

Numbers

A maximum of 12 students are allowed and must be a minimum of 14 years of age and a certificate can be offered to all, subject to assessment. A student cannot assume a responsibility in the workplace until they reach the age of 16, and then it is the employer's responsibility to ensure that the student is suitable for that role.

The certificate will expire as dated on the certificate, irrespective of age.

Activity First Aid Units 1 & 2

Specifically designed for those who are involved in any form of activity, including sports, leisure and recreation. Not only is Basic Life Support included, but many other First Aid conditions are also included, making this qualification very comprehensive. This Level 3 qualification is made up of two units including First Aid Essentials. It is specifically designed for those who are involved in any form of activity, including sports, leisure and recreation.



RQF Level 3 Award

Qualification title:	FAA Level 3 Award in Activity First Aid (RQF)	Code:	603/2235/4
Unit 1 title:	First Aid Essentials	Unit 1 code:	T/615/8509
Unit 2 title:	Management of Illness and Injury in Activities	Unit 2 code:	M/615/8511

SCQF Level 6 Award

Qualification title:	Award in Activity First Aid at SCQF Level 6	Code:	R555 04
Unit 1 title:	First Aid Essentials	Unit 1 code:	UL59 04
Unit 2 title:	Management of Illness and Injury in Activities	Unit 2 code:	UL60 04

Unit 1, (or day 1) of this qualification contains and covers the learning outcomes of the level 3 Award in Emergency First Aid at Work, so those who wish to gain the level 3 award in EFAW are able to sit day 1 of this qualification.

Duration

A minimum of 12 contact hours in the classroom, consisting of practical and theoretical activities, plus an assignment and some pre-course activity could be required.

Syllabus

A range of subjects are covered including:-

- Responsibilities and reporting
- Assessment of the situation
- Dealing with an unresponsive casualty
- Basic hygiene in First Aid
- Fractures
- Drowning injuries
- Electrical injuries
- Heat and cold
- Resuscitation
- Heart attacks
- Minor injuries
- Bleeding control
- Head injuries
- Diabetes
- Spinal injuries
- Angina
- Choking
- Seizures
- Shock
- Asthma
- Burns

Certification

Practical assessment is ongoing by the instructor, and a three year qualification will be issued to the learner, subject to assessment. For those wishing to complete the full Level 3 qualification, this course must be completed within 6 weeks.

Numbers

A maximum of 12 students are allowed and must be a minimum of 14 years of age and a certificate can be offered to all, subject to assessment.

A student cannot assume a responsibility in the workplace until they reach the age of 16, and then it is the employer's responsibility to ensure that the student is suitable for that role.

The certificate will expire as dated on the certificate, irrespective of age.

Emergency Paediatric First Aid

This one-day Emergency Paediatric First Aid course has been designed for those who have an interest in child and infant Basic Life Support, including parents, guardians and family members.



RQF Level 3 Award

Qualification title: FAA Level 3 Award in Emergency Paediatric First Aid (RQF)	Code	603/0912/X
Unit title: Emergency Paediatric First Aid	Credit: 1	Unit code K/615/4246

SCQF Level 6 Award

Qualification title: Award in Emergency Paediatric First Aid at SCQF Level 6	Code	R597 04
Unit title: Emergency Paediatric First Aid	Credit: 1	Unit code UM80 04

The qualification is designed for learners with a responsibility for the care of children and babies and provides knowledge and skills to deal with a range of paediatric first aid conditions and incidents.

The purpose of the qualification is for the learner to attain the knowledge and practical competence required to deal with a range of Paediatric First Aid situations.

The FAA Emergency Paediatric First Aid qualification is unit 1 of the two-day FAA Paediatric First Aid qualification. From gaining this Emergency Paediatric First Aid qualification learners could progress to completing unit 2 and being awarded the 2-day FAA Award in Paediatric First Aid.

Duration

Total qualification Time (TQT) is 7 hours, with at least 6 Guided Learning Hours (GLH) in the classroom, plus some pre-course study. The qualification can be delivered over a maximum of a 4-week period, with each training session being a minimum of 2 hours.

Syllabus

A range of subjects is covered including:-

- Role of the Paediatric First Aider
- Primary survey
- Resuscitation (CPR including the safe use of an AED)
- Wounds, bleeding and shock
- Seizure
- Choking
- Minor injuries
- Recovery position

Age limit

Students must be a minimum of 16 years of age to qualify.

Numbers

A maximum of 12 students can be accommodated on this course.

Assessment information

The qualification is assessed both through practical demonstration and oral questioning.

A learner must successfully pass a practical assessment to achieve the qualification.

There is no grading of the assessment; learners pass or are referred.

Certification

The qualification is valid for three years from the date of achievement. It is recommended that the learner attends annual refresher training. The learner will need to complete the full course again to requalify for a further three years.

Paediatric First Aid

This course has been developed for those who are working with children and infants. It will be of particular interest to teachers, child minders, crèche assistants, playgroup personnel and anyone else who has a responsibility for their welfare whilst in your care. The purpose of the qualification is for the learner to attain the knowledge and practical competence required to deal with a range of paediatric first aid situations.



RQF Level 3 Award - Full qualification requires Unit 1 and Unit 2

Qualification title: FAA Level 3 Award in Paediatric First Aid (RQF)	Code	603/0911/8
Unit 1 title: Emergency Paediatric First Aid	Credit: 1	Unit code K/615/4246
Unit 2 title: Managing Paediatric Illness, Injury and Emergencies	Credit: 2	Unit code M/615/4247

SCQF Level 6 Award - Full qualification requires Unit 1 and Unit 2

Qualification title: Award in Paediatric First Aid at SCQF Level 6	Code	R596 04
Unit 1 title: Emergency Paediatric First Aid	Credit: 1	Unit code UM80 04
Unit 2 title: Managing Paediatric Illness, Injury and Emergencies	Credit: 2	Unit code UM81 04

Ofsted and the Early Years Foundation Stage

This two-day qualification fulfils the requirements for first aid training detailed in the Department for Education's statutory framework for the Early Years Foundation Stage.

Duration

Total qualification Time (TQT) is 15 hours, with at least 12 Guided Learning Hours (GLH) in the classroom over a minimum of 2 days plus independent pre and post course study. The qualification can be delivered over a maximum of a 6-week period with each training session being a minimum of 2 hours.

Syllabus

A range of subjects is covered including:-

- Role of the Paediatric First Aider
- Primary survey
- Resuscitation (CPR including the safe use of an AED)
- Wounds, bleeding and shock
- Allergic reactions including anaphylaxis
- Head, neck and back injuries
- Seizure
- Choking
- Minor injuries
- Recovery position
- Fractures
- Foreign bodies
- Diabetic emergencies
- Asthma
- Meningitis
- Febrile convulsions
- Extreme cold and heat
- Electrical incidents

Age limit

Students must be a minimum of 16 years of age to qualify.

Numbers

A maximum of 12 students can be accommodated on this course.

Assessment information

The qualification is assessed both through practical demonstration and written assessment.

A learner must successfully pass both the written and practical assessments to achieve the qualification. There is no grading of the assessment; learners pass or are referred.

Certification

The qualification is valid for three years from the date of achievement. It is recommended that the learner attends annual refresher training. The learner will need to complete the full course again to requalify for a further three years.



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