



## First Aid Plus Level 3 (VTQ)

### QUALIFICATION SPECIFICATION

QUALIFICATION NUMBER: PRO/23/FAP

*This Qualification is Endorsed by an Awarding Organisation Regulated by Ofqual*



## Endorsed, CPD Certified and ISO Standards

All ProTrainings classroom and online qualifications are endorsed through an Awarding Organisation Regulated by Ofqual, through the Skills for Care Scheme with the highest level of recognition and are approved through the CPD Standards services for CPD certification.

ProTrainings: Additional quality at an affordable price.



This is the highest standard of recognised endorsement and only organisations who have a proven history of continued success in making a difference in the training industry can be awarded the Centre of Excellence endorsement. ProTrainings proudly announce that we have received this endorsement for continuous professional training delivery.

As a recognised Skills for Care provider who is already endorsed for delivering training through digital e-learning, classroom and blended formats, this enhanced Centre of Excellence endorsement will take our credibility and quality of training to an advanced state of recognition. But what does this new Centre of Excellence endorsement mean?

The Centre of Excellence status means that we have been able to consistently demonstrate exemplary commitment to meeting the needs of learners in the adult social care sector. This meant we needed to comply with the social model of care and be able to measure the impact of provision on the lives of people who use these services.

We embarked on this provision to prove how consistent ProTrainings services are, to test whether we are meeting a high standard, to evolve, adapt and improve our provision and to place ourselves amongst a small selection of companies who are a Skills for Care Centre of Excellence.

Gaining this accolade has resulted in receiving a designation as a 'Centre of Excellence in Adult Social Care and Learning and Development' and we do not plan on stopping our standards here. We will continue to offer the finest services so that

# ProTrainings Europe Limited

## Specification Overview



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## Welcome to **ProTrainings Europe Limited**.

ProTrainings EU is a certifying organisation recognised for providing training and qualifications in England, UK and across the globe.

ProTrainings EU offer qualifications designed in-house and qualifications which are regulated by Ofqual through TQUK and FutureQuals. Our qualifications are carefully designed to meet industry standards and regulatory requirements giving every learner or user confidence that training meets HSE, Ofqual, UK & EU Resuscitation Council, Skills for Health, Ofsted and Skills for Care training standards.

Our unique approach to training delivery is designed to accommodate learning styles in all their forms, including online, classroom and blended formats. Our variety of delivery methods have been a preferred choice for many learners who require training through general interest and as part of their profession. Our training has been comprehensively designed to meet standards that fall within the boundaries of qualifications overseen by awarding organisations.

ProTrainings high standards include a robust training approach that meets strict specifications, quality assurance requirements and qualification standards. As a result of implementing a comprehensive quality assurance process, ProTrainings online and classroom courses have been CPD certified, endorsed through The Skills for Care Scheme (ProTrainings being the first organisation gaining approval for classroom and online training in the United Kingdom) and we have surpassed an external audit by being approved for ISO45001 : 2018 and ISO9001 : 2015 for maintaining high organisational standards.

Our qualifications are designed to support and encourage learners to develop their knowledge and skills. This development may result in progression into employment or career development in the workplace. Our qualifications also allow learners to progress onto further qualifications.

For more information please visit [www.ProTrainings.uk](http://www.ProTrainings.uk) for news, updates and information on a variety of qualifications spanning into the Health & Safety industry, First Aid world, Pet First Aid environment and Health & Social Care sector.

## **Qualifications Specifications**

ProTrainings EU offer policies and guidelines for centres, organisations and individuals through this specification. Information in this specification will include the course curriculum, learning outcomes, units and general guidelines on how the course is delivered.

We aim to support our centres by providing guidance in this specification for a better understanding on how our courses are delivered and processed.

Our specifications document can be accessed on our website at [www.ProTrainings.uk](http://www.ProTrainings.uk) along with other specifications for respective qualifications listed under each sub-heading.

For more information please use our online chat service or contact our office on 01206 805 359. Alternatively, please email our support department at [support@protrainings.uk](mailto:support@protrainings.uk) or compliance department at [compliance@protrainings.uk](mailto:compliance@protrainings.uk).

## Introduction to First Aid Plus Level 3 (VTQ)

The First Aid Plus qualification encompasses a comprehensive First Aid syllabus including Adult, Child and Infant resuscitation for those who do not require the HSE First Aid at Work course. This course is great for families or anyone who needs comprehensive first aid training. The course covers all aspects of first aid and is an ideal source of reference for many conditions.

First Aid training is not only a good life skill for everyone to learn but also a required mandatory subject needed annually in many professions. The First Aid Plus course is our most comprehensive course, covering a wide variety of primary and secondary care subjects.

We include in the course Child and Infant skills to teach the students the difference in first aid for treating different ages.

All our first aid courses are designed to meet the latest UK and European Resuscitation Council Guidelines and HSE requirements.

The content of this and all our courses has been independently certified as conforming to universally accepted Continuous Professional Development (CPD) guidelines and come with a Certified CPD Statement as well as a ProTrainings Certificate and for online courses an Evidence Based Learning statement.

### Qualification Delivery

**Guided Learning Hours (GLH):** These hours are made up of real-time contact time, guidance or supervision of a learner by an instructor, supervisor, tutor or trainer.

GLH for this qualification is 6

**Total Qualification Time (TQT):** This is an estimate of the total length of time it is expected that a learner will typically take to achieve and demonstrate the level of attainment necessary for the award of the qualification i.e. to achieve all learning outcomes.

TQT for this qualification is 7

Our First Aid Plus Level 3 (VTQ) course is taught over one day and will include practical and theoretical assessments.

### Entry Requirements

There are no specific entry requirements however, learners should have a minimum of Level 2 in literacy, numeracy or equivalent. This qualification is suitable for learners aged 14 years and above.

### Similar Qualifications or Progression

**Successful learners may also be interested in:**

- First Aid at Work Level 3 (VTQ)
- Immediate Life Support (VTQ)
- First Person on the Scene Level 4 (RQF)

## Requirements to teach First Aid Plus Level 3 (VTQ)

Approval to deliver this course is sanctioned by ProTrainings Europe Limited only.

Instructors must hold the relevant qualifications, experience and occupational competence to qualify for approval. A detailed portfolio providing descriptive dates, CPD log and meeting/passing IQA reviews is required for approval. Supporting evidence which clearly outlines where instructors qualify to teach this course must be emailed to our compliance manager at [compliance@protrainings.uk](mailto:compliance@protrainings.uk). Additionally, requirements to complete ITG instructor training is mandatory.

## Certification

This qualification is overseen by our compliance department and all courses undergo a robust internal quality assurance review prior to certification.

A desktop-review and site visit will form part of our evaluation.

Paperwork should be marked and assessed by the approved instructor/centre and uploaded to our online management suite following successful completion of the course. Courses should be passed within 5 working days after the course has been taught.

## Learner Access

ProTrainings offer highly sophisticated and supportive services to successful learners who complete online, classroom and blended training. Our online system offers the learner a uniquely designed portal where there is access to a free student manual, CPD credit statement, evidence-based learning document, optional weekly refresher videos and an area for downloadable content with a cohort of supporting evidence relevant to the qualification the learner completes.

ProTrainings after service adds clarity to teaching, promotes continuous learning and encourages learners to revisit and revise subjects they have been taught.

**Complaints - Scope of Complaints Procedure:** The procedure deals with complaints arising from:

- Delivery (or lack of delivery) of services for education and training including teaching, course content, tutoring, assessment, feedback on progress and learner support during learning programmes
- Incorrect or misleading information about services provided by the Centre
- Delivery (or lack of delivery) of support services provided by the Centre including administration of fees, enrolment processes, Centre accommodation, health and safety and learner resource services
- Unacceptable actions or behaviour by Centre staff and/or other learners in the Centre

## How to complain

Complaints should initially be made in writing to the Head of Centre or to your designated tutor. This can be completed using your student login for [www.ProTrainings.uk](http://www.ProTrainings.uk)

Support can be made available for all those involved in a complaint including:

- Representation: parent, guardian, friend or supporter
- Help with completing the written complaint
- Induction will provide further details regarding this process

# First Aid Plus Level 3 (VTQ)

PRO/23/FAP

## Course Overview

### **Introductory First Aid Training**

Fears of First Aid  
Asking Permission to Help  
Scene Safety  
Chain of Survival  
ABCD's

Initial Assessment  
Stop Think Act

Infant Recovery Position

Barriers

Face Shields

Adult Bag Valve Mask (optional)

First Aid Kit

### **Cardiac Arrest**

Adult, Child, Infant CPR  
Adult CPR Hand Over  
Compression-Only CPR  
AED

### **Heart Attack and Stroke**

Heart Attack

Stroke

### **Choking Training**

Conscious Adult, Child, Infant Choking  
Unconscious Adult, Child, Infant Choking

### **Bleeding Control**

Types of Bleeding

Serious Bleeding (Tourniquet and Haemostatic Dressing)

Plasters

Other Injuries

### **Secondary Care Ongoing Assessments for Injury and Illness**

Illness Assessment

RICE

Adult Fractures

Pediatric Head Injury

Eye Injuries

Spinal Injury

Anatomy of an Injury

Allergies

Burns

Heat and Cold Emergencies

Shock

Dental Injuries

Diabetes

Asthma

Epilepsy

Adult Seizures

Febrile Convulsions

Electrocution

Household Cleaning Products Poisoning and first aid



# Learning Outcomes - PRO/23/FAP

These learning outcomes are mapped to meet a First Aid Plus Level 3 (VTQ) criterion. Each learning outcome presents a knowledge, skill or assessment to help students understand the curriculum in finer detail.

Learning Outcomes (LO) The learner will:	LO
<b>UNIT – 1 / Day One</b>	
<b>Understand the role and responsibilities of a first aider</b>	<b>LO1</b>
Identify the role and responsibilities of a first aider	1.1
Identify how to minimise the risk of infection to self and others	1.2
Identify the need for consent to provide first aid	1.3
<b>Be able to assess an incident</b>	<b>LO2</b>
Conduct a scene survey	2.1
Conduct a primary survey of a casualty	2.2
Summon appropriate assistance when necessary	2.3
<b>Understand how the heart can lead to a heart attack</b>	<b>LO3</b>
Explain what a heart attack is and how an attack may start	3.1
Describe the signs and symptoms of a heart attack	3.2
Explain how to treat a casualty with a suspected heart attack – including the use of an Aspirin	3.3
Understand what Angina is and how it relates to the heart	3.4
<b>Knowing what an AED is and how it increases the chance of survival</b>	<b>LO4</b>
Understand with the chance of survival before an AED arrives	4.1
Be familiar with other types of AED units	4.2
Know how to use an AED and how to apply pads correctly	4.3
<b>Be able to provide first aid to an unresponsive</b>	<b>LO5</b>
Identify when to administer Cardio Pulmonary Resuscitation (CPR)	5.1
Demonstrate CPR Using a Manikin (including the use of an AED) -  – Infant, Child & Adult	5.2
Justify when to place a casualty into the recovery position	5.3
Demonstrate how to place a casualty into the recovery position – Infant, Child & Adult	5.4
Identify how to administer first aid to a casualty who is experiencing a seizure	5.5
<b>Be able to provide first aid to a casualty who is choking</b>	<b>LO6</b>

Identify when choking is: • Mild • Severe	6.1
Demonstrate how to administer first aid to a casualty who is choking - Infant, Child & Adult	6.2
<b>Be able to provide first aid to a casualty with external bleeding</b>	<b>LO7</b>
Identify the severity of external bleeding	7.1
Demonstrate control of external bleeding (including the use of a tourniquet)	7.2
<b>Know how to provide first aid to a casualty who is in shock, including seizures</b>	<b>LO8</b>
Recognise a casualty who is suffering from shock (Hypovolaemic & Anaphylaxis)	8.1
Identify how to administer first aid to a casualty who is suffering from shock	8.2
Know how to administer first aid to a casualty who is experiencing an epileptic seizure	8.3
<b>Know how to provide first aid to a casualty with minor injuries</b>	<b>LO9</b>
Identify how to administer first aid to a casualty with: • Small cuts • Grazes • Bruises • Small splinters	9.1
Identify how to administer first aid to a casualty with minor burns and scalds	9.2
<b>Understand how to treat a casualty who has experienced a suspected spinal and head injury</b>	<b>LO10</b>
Recognise when to move a patient	10.1
Know how to administer first aid to a casualty who has a suspected spinal injury	10.2
Demonstrate how to treat a casualty with a suspected spinal injury	10.3
Understand how to safely and securely removing a helmet – including full face and open face helmets	10.4
Be able to treat a casualty with a head injury – Concussion, Cerebral Compression and Skull Fractures	10.5
Explain how to treat a casualty with an eye injury / foreign object	10.6
<b>Be able to deal with a casualty who has a dislocation, fracture, sprains and strains, crush and chest injuries</b>	<b>LO11</b>
Understand the process of how a fracture or dislocation can occur	11.1
Demonstrate how to bandage and support a dislocation and fracture	11.2
Identify what a sprain and strain is	11.3
Understand what R.I.C.E stands for and how it is applied	11.4
Know how to deal with a chest injury and what precautions you need to be aware of	11.5
Recognise how to treat a casualty with Penetrating / Sucking Chest Injuries	11.6
Be able to treat a casualty how as a flail chest	11.7
<b>Be able to provide first aid treatment to a casualty who is the cause of an electrical injury</b>	<b>LO12</b>
Describe how to treat a casualty who has been injured with electricity	12.1
<b>Understand how to treat a casualty with a bite or a sting</b>	<b>LO13</b>

Know how to treat a casualty who has been bitten or stung by animals, humans, insects, snakes and bees	13.1
<b>Understand what causes Asthma and how it is treated</b>	<b>LO14</b>
Identify the signs and symptoms of an asthma attack	14.1
Explain how to provide treatment to a casualty who has an Asthma attack	14.2
<b>Understand what causes Diabetes and how it is treated</b>	<b>LO15</b>
Identify the signs and symptoms of Diabetes	15.1
Explain how to provide treatment to a casualty who has Diabetes	15.2
<b>Understand what causes a Stroke and how it is treated</b>	<b>LO16</b>
Identify the signs and symptoms of a Stroke	16.1
Explain how to provide treatment to a casualty who has experienced a Stroke	16.2
<b>Be able to understand the severity of Meningitis</b>	<b>LO17</b>
Understand how to treat Meningitis	17.1
<b>Summary</b>	

★ CPR must include: 'correct placement of AED pads' and 'follows AED instructions'.



# Useful Websites

**ProTrainings Europe Limited**

[www.ProTrainings.uk](http://www.ProTrainings.uk)

**Health and Safety Executive**

[www.hse.gov.uk](http://www.hse.gov.uk)

**The Resuscitation Council (UK)**

[www.resus.org.uk](http://www.resus.org.uk)

**Skills for Health**

[www.skillsforhealth.org.uk](http://www.skillsforhealth.org.uk)

**Office of Qualifications and Examinations Regulation**

[www.ofqual.gov.uk](http://www.ofqual.gov.uk)

**Ofsted**

[www.gov.uk/ofsted](http://www.gov.uk/ofsted)

**Skills for Care**

[www.skillsforcare.org.uk](http://www.skillsforcare.org.uk)

**The CPD Standards Office**

[www.cpdstandards.com](http://www.cpdstandards.com)

**QMS International**

[www.qmsuk.com](http://www.qmsuk.com)

**FOFATO**

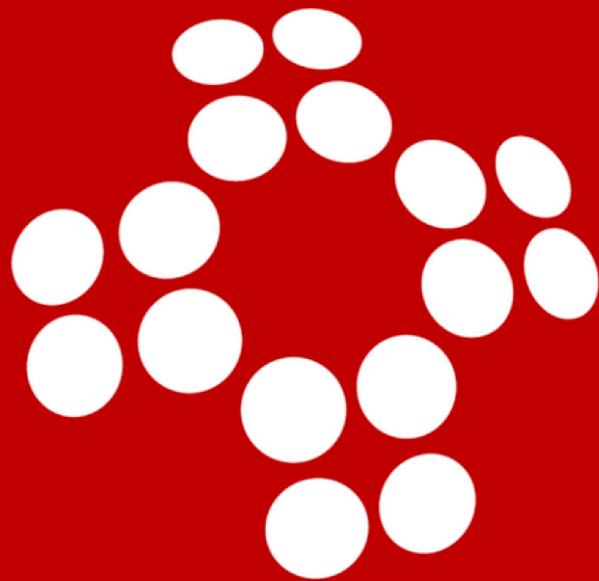
[www.fofato.co.uk](http://www.fofato.co.uk)

**NASDU**

[www.nasdu.co.uk](http://www.nasdu.co.uk)

**TQUK**

[www.tquk.org](http://www.tquk.org)



## **ProTrainings Europe Limited**

22 Westside Centre, London Road, Stanway, Colchester CO3 8PH

**Telephone:** 01206 805 359 / **Email:** [info@protrainings.uk](mailto:info@protrainings.uk)

**Web:** [www.protrainings.uk](http://www.protrainings.uk)