



# Which first aid qualification do you need?

## Emergency First Aid at Work

EFAW qualification is a six-hour course, providing participants with the knowledge, skills and confidence to administer first aid within the work environment.

## First Aid at Work

FAW qualification is a three-day course, covering a wide range of CPR and first aid skills and equipping the first-aider to apply first aid to a variety of specific injuries and illnesses in a work environment.



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## Which first aid award do you need?

Carry out a need assessment  
as required by the First Aid at Work Regulations

Small or low-risk activities

Larger or high-risk activities

### Emergency First Aid at Work

1-day course

Common workplace injuries and  
emergency care

### First Aid at Work

3-day course or 2-day blended course

Common workplace injuries, illnesses,  
emergency care, resuscitation, and  
first aid