Course: STA Level 3 Award in First Aid at Work

Qualification Introduction

First aid can be described as the helping behaviours and initial care provided for an acute illness or injury. First aid can be initiated by anyone in any situation.

Appointed first aiders in the workplace must be competent to provide first aid to someone who is injured or becomes ill while at work, as well as be able to apply first aid to a range of specific injuries and illnesses.

STA Level 3 Award in First Aid at Work complies with the requirements of the Health and Safety (First Aid) Regulations 1981 and The Health and Safety (First-Aid) Regulations (Northern Ireland) 1982 and currently accepted first aid practice.

This qualification is regulated by Ofqual (England), Qualification Wales (Wales) and CCEA (Northern Ireland). This qualification is valid for a period of 3 years. Learners need to retake the qualification before the certificate expiry date to remain qualified.

Qualification Delivery

The recommended contact hours for this qualification is 18 hours, which includes teaching and assessing but excludes breaks.

The course may be run over 3 days but can also be delivered over a maximum of a 10-week period, with the minimum of each training session being 2 hours.

The course can be delivered:

- Fully face-to-face (18 hours)
- Via blended learning* using a combination of distance learning through STA First Aid online programme or live remote tutor-led online sessions (up to 6 hours), and face-to-face delivery (minimum 12 hours).

The ratio for this qualification is a maximum of 12 learners to 1 tutor.

*Blended learning must be completed prior to the face-to-face element, and all assessments must take place face-to-face.

Qualification Objectives

STA Level 3 Award in 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, as well as a range of specific injuries and illnesses.

Intended Audience

STA Award in First Aid at Work is suitable for learners who act as an appointed first aider at work or in voluntary and community activities, or for personal interest and development.

Entry Requirements

- Be 14 years of age or older at time of assessment
- Be able to perform practical demonstrations on the floor.

There are no previous qualifications or experience required, however it is advisable that learners have a minimum of level 1 in literacy and numeracy or equivalent.

Qualification Assessment

STA Award in First Aid at Work is tutor assessed through practical demonstrations and completion of a multiple-choice theory assessment paper.

All practical elements must be completed and performed independently by the learner without prompting by the tutor.

The multiple-choice assessment paper is to be completed independently by learners under exam conditions, with the tutor or other approved person, acting as the invigilator. Learners must achieve a minimum mark or higher to successfully pass the multiple-choice theory assessment paper.

Re-assessment
If a learner is unsuccessful in the course assessment, the learner is only required to re-sit the required assessment element, for example, if a learner fails the practical, they are only required to re-sit the practical element.

The re-sit of an assessment must be completed within 10 weeks (7 weeks for revalidation) from the start date of the course. Due to the type of qualification being a license to practice competency-based qualification, we can only permit 1 assessment re-sit.

Learning Materials

All learners will be provided with:

- STA First Aid resource manual

Costs

First Aid at Work – 18 Hours over 3 Days

Number of Candidates	Cost per Candidate	Total Cost of Course
4	£247.20	£988.80
5	£202.80	£1,014.00
6	£173.20	£1,039.20
7	£152.05	£1,064.40
8	£136.19	£1,089.60
9	£123.86	£1,114.80
10	£113.99	£1,140.00
11	£105.92	£1,165.20
12	£99.20	£1,190.40

(Prices are valid until 31 December 2026)

First Aid at Work REVALIDATION– 12 Hours over 2 Days

Number of Candidates	Cost per Candidate	Total Cost of Course
4	£196.65	£786.60
5	£162.45	£812.30
6	£139.64	£837.90
7	£123.36	£863.60
8	£111.15	£889.20
9	£101.64	£914.80
10	£94.05	£940.50
11	£87.83	£966.10
12	£82.65	£991.80

(Prices are valid until 31 December 2026)

Please note: These costs exclude any venue hire changes, course refreshments and accommodation costs if instructors are required to stay away during the course *(Beyond 50 miles from base)*. Please contact us further information if required.

Revalidation

Providing a learner's STA Award in First Aid at Work certificate has not expired by more than 1 calendar month (e.g. expired on 5th, started course on or before 4th of the following month), the contact hours may be reduced to 12 hours over 2 days. Proof of previous certificate is required in advance of the first day of the course.

First Aid at Work requalification's can be delivered:

- Fully face-to-face (12 hours)
- Via blended learning using a combination of distance learning through STA First Aid online programme or live remote tutor-led online sessions (up to 6 hours), and face-to-face delivery (minimum 6 hours).

Additional Information

Health and Safety Executive (HSE) strongly recommends that first aiders undertake annual refresher training during any three-year certification period. This will help learners maintain their skills and keep up-to-date with any changes to first aid procedures.

For Further Information and Course Bookings

Telephone: 07860290461 (Lee Caunce) or 07548661581 (Samuel Dickinson)
Email: Contact@consulthealthandsafety.com

9 CIMSPA CPD POINTS