Highfield International

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First aid qualifications explained and FAQs



We **listen** and **respond**

First aid qualifications explained and FAQs

Highfield International offers a range of first aid qualifications designed to meet different workplace, community, and childcare requirements. These qualifications are grouped into four main categories based on the level of training and intended application.

Understanding the differences between these categories helps training providers and learners select the qualification that best meets their needs.

The four categories are:

- Basic life support
- Emergency first aid
- Advanced first aid
- Paediatric first aid

Each category focuses on different **levels of responsibility, risk environment, and casualty type**.

If the title includes - AED
This means the course includes training on the safe and effective use of an Automated External Defibrillator (AED). Learners will be taught how to recognise when an AED is needed, how to apply the pads correctly, follow the device prompts, and deliver a shock safely during a cardiac arrest.

If the title includes - CPR - All Ages
This means the training includes cardiopulmonary resuscitation (CPR) for adults, children, and infants, covering the key differences in technique for each age group.

Use of blended learning
Centres may also deliver qualifications using a blended learning approach. Highfield's first aid e-learning supports the delivery of knowledge elements of the qualification and can be used to cover the relevant learning hours specified within the qualification specifications. This enables learners to complete theory-based study at their own pace before undertaking the required practical training and assessment.

When using the blended learning option, the following principles must be adhered to:

- The time taken to complete the full first aid course **should not** be reduced
- The practical content of the qualification **must be** delivered and assessed face-to-face

Centres are required to check Highfield e-learning completion for learners before the formal practical and knowledge assessment.

Basic Life Support – Typically completed within half a day

Focuses on immediate life-saving actions required when a person suffers cardiac arrest or airway obstruction.
Training typically includes CPR, use of an AED, and choking management, enabling learners to provide essential life-saving care until emergency services arrive.

Qualification title	GLH
Highfield International **Basic Life Support & AED - BLS** (Level 3 Award)	**4 hours**

Emergency First Aid – Typically completed in one day

Provides learners with the skills to respond to common first aid incidents in the workplace or community.
Training includes casualty assessment, CPR, AED use, choking management, and treatment of minor injuries, enabling learners to manage both life-threatening and non-life-threatening situations.

Qualification title	GLH
Highfield International **Emergency First Aid** (Level 3 Award)	**6 hours**
Highfield International **Emergency First Aid & AED** (Level 3 Award)	**7 hours**
Highfield International **Emergency First Aid, CPR - All Ages** (Level 3 Award)	**7 hours**
Highfield International **Emergency First Aid, AED & CPR - All Ages** (Level 3 Award)	**8 hours**

Advanced – Typically completed in 2 days or more

Provides a more comprehensive level of first aid training, enabling learners to manage a wider range of injuries and medical emergencies.
These programmes are typically suited to higher-risk environments or situations where a greater level of first aid knowledge and response capability is required.

Qualification title	GLH
Highfield International **First Aid at Work & AED** (Level 3 Award)	**18 hours**
Highfield International **First Aid at Work, AED, CPR - All Ages** (Level 3 Award)	**19 hours**

Higher-risk environment first aid qualifications	GLH
Highfield International **First Aid Response** (Level 3 Award)	**32 hours**
Highfield International **Emergency Care First Responders – IECFR** (Level 3 Award)	**40 hours**
Highfield International **Remote Emergency Care – IREC** (Level 3 Award)	**20 hours**

Paediatric – Typically completed in 1 to 2 days

Focuses on first aid for infants and children, recognising that their needs and treatment may differ from adults.

Training covers paediatric CPR, choking management, and common childhood injuries and medical conditions, and is commonly required for individuals working with children.

Qualification title	GLH
Highfield International **Emergency Paediatric First Aid** (Level 3 Award)	**6 hours**
Highfield International **Emergency Paediatric First Aid & AED** (Level 3 Award)	**7 hours**
Highfield International **Paediatric First Aid, AED, Managing Illness and Injury** (Level 3 Award)	**12 hours**

Frequently Asked Questions (FAQs)

Qualification Structure

What guidelines are Highfield International First Aid qualifications based on?

Highfield International First Aid qualifications are designed around the UK Resuscitation Council resuscitation guidelines, with consideration given to the needs and practices of international markets and training environments. This approach ensures that the training reflects recognised clinical guidance while remaining suitable for delivery across a wide range of global settings.

What are the main categories of Highfield International first aid qualifications?

Highfield International First Aid qualifications are grouped into four categories: **Basic Life Support, Emergency First Aid, Advanced First Aid, and Paediatric First Aid**. Each category reflects different levels of training and intended use.

How do basic life support and emergency first aid differ?

Basic Life Support focuses specifically on life-saving interventions such as CPR, AED use, and choking management, whereas Emergency First Aid includes a broader range of first aid topics, including casualty assessment, minor injuries, and common medical emergencies.

When should a training provider deliver advanced first aid instead of emergency first aid?

Advanced First Aid should be considered when learners require a deeper level of first aid knowledge or when the environment presents a higher level of risk, such as industrial settings or locations where professional medical help may be delayed.

What is the difference between paediatric first aid and standard first aid training?

Paediatric First Aid focuses specifically on infants and children, including age-appropriate CPR techniques and the management of common childhood injuries and medical conditions.

Course Content and Scope

What does "Includes AED" mean in a qualification description?

This means the training includes the safe and effective use of an Automated External Defibrillator (AED) during a cardiac arrest situation.

What does "CPR – All Ages" mean?

This means learners are trained to perform CPR on adults, children, and infants, including understanding the key differences in technique for each age group.

Can Basic Life Support training be delivered without AED training?

Basic Life Support programmes include AED use, as early defibrillation is an important part of the cardiac arrest chain of survival.

Training Delivery

Who can deliver Highfield International First Aid training?

Training must be delivered by approved trainers who have demonstrated the required knowledge, practical competence, and instructional capability to deliver Highfield International qualifications.

What equipment is required to deliver first aid training?

Training providers should ensure appropriate equipment is available, including CPR manikins, AED training devices, first aid training aids, and suitable learning resources. (see required equipment at the end of this document)

Can first aid training be delivered online?

While some knowledge elements may be delivered through blended or e-learning approaches, practical skills must always be demonstrated and assessed in a practical setting.

Assessment and Certification

How are learners assessed during first aid training?

Learners are assessed through a combination of knowledge checks and practical demonstration of first aid skills.

What should a trainer do if a learner cannot demonstrate competence in a practical skill?

The trainer should provide additional coaching and practice opportunities before reassessment to ensure the learner can demonstrate the required standard.

Training Provider Responsibilities

What are the responsibilities of an approved training provider?

Training providers must ensure that qualified trainers, suitable facilities, appropriate equipment, and accurate course delivery are maintained in line with Highfield International and regulators' requirements.

How can training providers ensure consistent training standards?

Providers should follow approved course guidance, maintain trainer competence, use appropriate equipment, and conduct regular internal quality assurance checks.

How do I choose the correct Highfield International first aid qualification to deliver?

Training providers should select the qualification based on the level of risk in the environment, the responsibilities of the learners, and the type of casualties they may need to support.

As a general guide:

- **Basic Life Support (BLS)** – Suitable where the primary focus is on **CPR, AED use, and immediate life-saving interventions**.
- **Emergency first aid** – Suitable for **low-risk workplaces or community settings** where learners need the ability to manage common first aid incidents.
- **Advanced first aid** – Suitable for **higher-risk environments** or where learners require a broader and more comprehensive first aid capability.
- **Paediatric first aid** – Suitable for individuals **responsible for the care of infants and children**, such as childcare and education settings.

If a training provider is unsure which qualification is most appropriate, they should consider the **risk level of the workplace, regulatory expectations, and the likely first aid needs of the learners** before selecting the course.



Equipment requirements

To effectively deliver and assess this qualification, centres MUST HAVE the following resources in place:

- Minimum of 1 training defibrillator per 4 learners (class of 12 would require 3 AED training units)
- 1 adult, 1 child and 1 infant resuscitation manikins per 4 learners (class of 12 would require 3 of each manikin)
- Safety procedures in place for manikin faces (e.g. facilities to sterilise the manikin faces at the end of each course OR one disposable face shield per candidate OR manikin face wipes to be used after each candidate's demonstration)
- Replacement airways and lungs for resuscitation manikins (changed at the end of each course)
- 1 clean or disposable training dressing **per candidate**
- 1 pair of disposable gloves (not latex) **per candidate**
- 1 first aid kit
- A training room that has carpeted floors or mats/blankets provided for practical sessions
- A training room that is safe, adequately ventilated, sufficiently lit for learners to read easily, and maintained at a comfortable temperature for both knowledge-based and practical training and assessment.

It is also required that training rooms can cater for people with special needs (where appropriate).

Optional requirement – It is best practice to include a choking manikin for the purpose of teaching.

Note – IECFR requires some specialist equipment, please refer to the IECFR qualification specification for further guidance