

	Course Content							
Competence Element	BLS	EFAW	FAW	FAW (Blended)	RQFAW	PFA (Blended)	EFAFS	AED Training
DRCABCDE	☑	☑	☑	☑	☑	☑	☑	☑
CPR	☑	☑	☑	☑	☑	☑	☑	☑
AED	☑	☑	☑	☑	☑	☑	☑	☑
Recovery Position	☑	☑	☑	☑	☑	☑	☑	☑
Choking	☑	☑	☑	☑	☑	☑	☑	
Bleeding	☑	☑	☑	☑	☑	☑	☑	
Catastrophic Bleeding			☑	☑				
Tourniquets			☑	☑				
Burns		☑	☑	☑	☑	☑	☑	
Shock		☑	☑	☑	☑	☑	☑	
Seizures / Epilepsy		☑	☑	☑	☑	☑	☑	
Head Injuries			☑	☑	☑	☑	OR	
Spinal Injuries			☑	☑	☑	☑	OR	
Heart Attack			☑	☑	☑			
Stroke			☑	☑	☑			
Asthma			☑	☑	☑	☑	☑	
Diabetes			☑	☑	☑	☑	OR	
Anaphylaxis			☑	☑	☑	☑	☑	
Fractures, Sprains, & Dislocation			☑	☑	☑	☑	OR	
Poisoning			☑	☑	☑	☑		
Hypothermia			☑	☑	☑	☑		
Heat Exhaustion			☑	☑	☑	☑		
Practical Assessment	☑	☑	☑	☑	☑	☑	☑	
Theory Assessment	RGC only	RGC only	☑	☑	☑	☑	RGC only	
Additional Content	OR							
Oxygen	OR	OR	OR		OR	OR	OR	
Electrical	OR	OR	OR		OR	OR	OR	
Hours	3	6	18	18	12	12	6	3
Price	Available on request							

OR: On Request

RGC Only: Regulated Courses Only

EFAW: Emergency First Aid at Work

FAW: First Aid at Work

PFA: Paediatric First Aid

EFAFS: Emergency First Aid for Schools

RQFAW: Requalification First Aid at Work

BLS: Basic Life Support

	Course Content			
Competence Element	MHFAA	MHFA 1 Day	MHFA 2 Day	MHFA RQ
What is First Aid for Mental Health	☑	☑	☑	☑
Identifying MH conditions	☑	☑	☑	☑
Providing Advice and Starting a Conversation	☑	☑	☑	☑
Stress	☑	☑	☑	☑
MH Conditions	☑	☑	☑	☑
Drugs & Alcohol		☑	☑	☑
First Aid Action Plan for MH		☑	☑	☑
MH in the Workplace		☑	☑	☑
Depression		☑	☑	
Anxiety		☑	☑	
		<input type="checkbox"/>	<input type="checkbox"/>	
PTSD			☑	
Self-Harm			☑	
Eating Disorders			☑	
Personality Disorders			☑	
Bipolar Disorder			☑	
Psychosis			☑	
Schizophrenia			☑	
Written Assessment	☑	☑	☑	☑
Hours	4	6	12	6
All MHFA Courses are Regulated				
Prices OR				
MHFA: Mental Health First Aid				
MHFAA: Mental Health First Aid Awareness				