

# **First Aid - Annual Knowledge and Skills Update**

**Duration: 3 hours**

This course can be adapted to suit the needs and requirements of the student.

Participation is encouraged throughout the course in order to gain certification. There is no formal examination to complete. A certificate is awarded on successful completion of the course.

## **Who should attend this course?**

Anyone that wishes to update and refresh their first aid skills as 'recommended' by the Health and Safety Executive

## **Course Objectives**

On completion of the course participants will have renewed knowledge and confidence to provide basic first aid. It is a practical course that is scenario based in order to be of most relevance.

## **Course Outline**

- Basic life support
- Unconscious casualty
- Recovery position
- Control of bleeding