

First Aid at Work – Re-qualification

Duration: 2 days (12 hours)

This course complies with Health and Safety (First Aid) Regulations 1981 and 2009. There is a formal practical assessment on day two and continual assessment throughout the course.

A certificate is awarded on successful completion of the course. The certificate is valid for three years. Although certification is valid for three years, the HSE 'strongly recommend that refresher courses take place annually.

Who should attend this course?

A first aider who has a certificate nearing its expiry date

Course Objectives

Participants will complete the course with the knowledge, confidence and understanding to continue to deal with any First Aid emergency.

Course Outline

- What is first aid?
- Unconscious casualty
- Choking
- Control of bleeding
- Burns and scalds
- Accident book
- Incident management
- Resuscitation
- Recovery position
- Common medical conditions
- Fractures
- First aid kit