



## HEALTH & SAFETY

### FIRST AID AT WORK RE-QUALIFICATION – 2 DAYS

**DESIGNED FOR:** Existing first aid at work certificate holders who have a certificate due for renewal. The course is recognised by the HSE & OFSTED and provides both theoretical and practical training for the candidates.

**OBJECTIVES:** At the end of the course successful delegates will be able to demonstrate and explain the skills necessary to assess, diagnose and treat an ill or injured person

**BENEFITS:** The benefits of having an in-house First Aider are:

- To meet the minimum legal requirements
- To have peace of mind for yourself and your staff
- To know you always have emergency aid at hand

The course will be delivered with the aid of audio/visual aids, instructor demonstration and student practice. The course will lead up to a practical assessment with verbal questioning and successful completion will lead to the award of a certificate and card, recognised by the HSE.

Successful delegates should attend a 3-hour refresher course after year 1 and year 2 followed by a 2-day first aid refresher training course after year 3.

Note – should delegates allow their three year certificate to expire then they must attend the three-day first aid at work course.

#### COURSE CONTENT:

- Introduction
- Principles of First Aid
- Chain of Survival
- Emergency Management Procedure
- The Care Cycle
- Scene Survey
- Exposure Protection
- Primary Survey, Recovery Position & Reassessment
- Cardiopulmonary Resuscitation
- Alternative Ventilation Procedures
- Introduction to AED
- Choking
- Severe Bleeding
- Shock Management
- Secondary Survey
- Patient History Taking/Physical Assessment
- Breathing Problems Review / Scenarios
- Circulatory Problems Review / Scenarios
- Environmental Problems Review / Scenarios
- Nervous System Problems Review / Scenarios
- Other Injuries Review / Scenarios
- Health and Safety Review
- Practical Assessment