



HEALTH & SAFETY FIRST AID ANNUAL REFRESHER – 3 HOURS

DESIGNED FOR: Delegates who have completed either the 3-Day First Aid At Work, 2-Day First Aid Requalification or the 1-Day Emergency First Aid At Work Course. The course is recognised by the HSE & OFSTED and provides both theoretical and practical training for the candidates

OBJECTIVES: The HSE strongly recommends that First Aiders attend an annual refresher course to keep their skills up to date. The refresher course will provide you with an opportunity to practice and update your skills at any time during your three year period as a qualified First Aider

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.

COURSE CONTENT:

- Introduction
- Emergency Management Procedure
- The Care Cycle
- Scene Survey
- Primary Survey, Recovery Position & Reassessment
- Cardiopulmonary Resuscitation
- Seizures
- Severe Bleeding
- Shock Management