

**Course Title:**

- First Aid at Work Refresher (2 Day)

**Course Objective:**

- The HSE Approved 2-Day First Aid at Work Refresher Training course is designed and suited for persons who have already completed a full First Aid At Work course which is due for renewal; upon successful completion, this course will enable course delegates to continue working as a First Aider within the workplace, under the guidance of the Health & Safety (First Aid) Regulations 1981

**Course Outcomes:** Including the following topics:

- Confidently approaching an incident
- Having awareness of: dealing with an emergency, airway management, CPR, unconsciousness
- Have awareness of: dealing with minor and major bleeding
- Have awareness of: recognising and treating strokes
- Have awareness of: recognising and treating epileptic emergencies
- Have awareness of: understanding Heart Attacks and acute heart conditions
- Have awareness of: identifying possible fractures and the practical treatment of
- Have an understanding of relative HSE guidance

**Target Audience:**

- This course is aimed at nominated First Aiders within the workplace who need to renew a valid first aid at work certificate

**Pre-requisites:**

- Participants must produce a valid First Aid at Work certificate prior to attending the course

**Course Accreditation:**

- (HSE) Approved Centre Number 63/03 First Aid at Work Certificate valid for 3 years from course date. HSE strongly recommends a 3 hour annual update to maintain this certification and prevent skills fade.

**Course Summary:**

- Participants refresh and update their thorough knowledge of first aid techniques ranging from CPR to dealing with blood loss and shock; providing candidates with the ongoing awareness and confidence to deal with any incident within their workplace