

Course Title:

- Practical First Aid Annual Update (½ Day)

Course Objective:

- The Practical First Aid Annual Update training course is designed as an intermediate refresher course within the three-year period for a first aid at work course. This course is entirely practical and concentrates on the core topics of first aid at work. This course is run within the guidance set out in the Health & Safety (First Aid) Regulations 1981

Course Outcomes: Including the following topics:

- Cardio Pulmonary Resuscitation (CPR)
- Awareness of wounds & bleeding
- Unconsciousness
- Other content as directed by group

Target Audience:

- This course is aimed at those acting as first aiders in the workplace having previously undertaken a first aid at work qualification. This course acts as an interim refresher to prevent skills lapsing. HSE strongly recommend that this update is undertaken in the 2 intermediary years between having acquired first aid at work certification and undertaking the appropriate refresher course every third year.

Pre-requisites:

- A valid 1 Day Emergency First Aid at Work, 2 Day First Aid at Work Refresher or 3 Day First Aid at Work certificate

Course Accreditation:

- None

Course Summary:

- Covering the main areas of first aid, the course gives candidates the knowledge to treat the majority of incidents in a low risk working environment, including: CPR, blood loss, burns & scalds, and the recovery position