

## First Aid at Work Refresher Course

Below is a snap shot of what is covered on our 2- Day First Aid Refresher Course. The course is delivered by our team of dedicated trainers who will support you throughout the course.

**Course Duration:** 12 hrs

**Certification:** First Aid at Work Course

Candidates must possess a current First Aid at Work Certificate which must be verified by First Rate Training. Topics covered will depend on needs identified from the candidates at commencement of the course.

### Dealing with an incident

- How to approach any accident
- Considerations for safety

### Airway Management

- Priorities of first aid
- Opening an airway
- Dealing with choking & asphyxia
- Dealing with drowning and strangulation

### Breathing & Circulation

- Providing Rescue Breaths
- Full C.P.R.
- Introduction to the Resuscitation Council UK

### Treatment of the following:

*These topics will be covered on a more brief nature than the 3 day course. Candidates will be expected to revise prior to attending the course:*

- Recognising diabetic patients
- Treatment of diabetic emergencies
- Recognising epileptic emergencies
- Treatment of epileptic emergencies
- Treating faints
- Understanding Heart Attacks
- Treatment of acute heart conditions
- Treatment of anaphylaxis
- Categories of burns
- Treatment for burns
- Recognising & treating asthma
- Treatment for effects of heat & cold

### Unconsciousness

*These topics will be covered on a more brief nature than the 3 day course. Candidates will be expected to revise prior to attending the course:*

- Recognising causes of unconsciousness
- Treatment for unconsciousness
- Recognising and treating strokes
- Recognise and treat concussion
- Understanding levels of consciousness
- Performing a top-to toe survey

### First Aid Kits

- Recognising first aid kits
- Understanding relative HSE guidance
- Contents of a first aid kit

### Wounds & Bleeding

*These topics will be covered on a more brief nature than the 3 day course. Candidates will be expected to revise prior to attending the course:*

- Dealing with minor and major bleeding
- Recognising types of wounds
- Wounds with foreign bodies
- Consideration for cross infection
- Identifying internal bleeding
- Treatment for external and internal bleeding

### Skeletal

- Identifying possible fractures
- Practical treatment of fractures