

First Aid at Work – Refresher Course



First Aid at Work Regulations 1981

Introduction

An HSE approved course that complies with the Health and Safety Regulations 1981 and the Approved Code of Practice L74 guidelines for the re-qualification of First Aid at Work certificate holders. First Aid coverage in the workplace is a legal requirement.

Intended for:

The course is open to persons who currently fulfil the position of a qualified workplace First Aider. Upon successful completion of the course and final assessment, each delegate will receive the HSE Approved, nationally recognised First Aid at Work Certificate. This is valid for a further 3 years.

Topic areas covered:

- Aims and principles of first aid
- Prevention of cross-infection during first aid procedures
- Basic Life Support, including resuscitation and choking
- Management of the unconscious casualty
- Assessment and treatment of a casualty who is wounded, bleeding or shocked
- How to deal with burns, poisoning and eye injuries
- Assessment and treatment of common major and minor illnesses
- Emergency transport of casualties
- Update of any new or latest HSE protocol changes
- Legal aspect of first aid at work
- Record keeping and use of equipment
- Disorders of consciousness
- Bones, joints and muscle injuries

Prior knowledge:

Delegates must be in possession of a valid (unexpired) First Aid at Work Certificate issued by any HSE Approved training organisation - including voluntary organisations.

Course duration: Two days

Numbers: Minimum 4, Maximum 12

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