

First Aid at Work Re-Qualification

Number of Delegates:	1 - 12
Course Duration:	2 days
Course Outcome:	Certificate

Introduction

This course is designed for anyone (18 years and over) wanting to renew a valid first aid at work certificate. This is a HSE approved and certified course.

Aims & Objectives

This course aims to update delegates with knowledge of the responsibilities of being a first aider. Delegates will have a base knowledge of how to correctly react and treat the various first aid situations that may occur in their place of work.

Course Delivery

This course involves a high proportion of hands-on practical training, supplemented with classroom-based tutorials. This approach ensures that delegates feel confident and able to use the skills learnt in a real life situation.

Location

Courses are available at training centres nationwide. This course can also be delivered on your premises subject to minimum delegate numbers and suitability of the venue. Please contact us for information.

Delegate Eligibility/Entry Requirements

The delegate must be physically fit and able to perform the relevant actions and techniques included in the course syllabus. It is important that all delegates who attend the First Aid at Work Requalification course have a good understanding of spoken and written English.

Certification

Successful delegates will receive an HSE approved First Aid at Work Certificate.



A Skills People Group Company

COURSE PROGRAMME

The First Aid at Work Re-qualification course covers the following:

- The role of the first aider
- Contents of first aid kits (including avoiding cross infection)
- Recording of incidents and accidents
- Assessing the situation in an emergency
- Administer first aid to a casualty who:
 - is unconscious (including seizures)
 - requires cardio pulmonary resuscitation (CPR)
 - is choking
 - is wounded or bleeding
 - is in shock
 - has minor conditions including minor cuts, grazes, bruises, burns, scalds and small splinters.
 - has injuries to bones, muscles and/or joints including suspected spinal injury.
 - has sudden poisoning
 - has eye injuries
 - goes into anaphylactic shock (including use of auto-injectors (Epipen))
- Recognising the presence of major illness (including heart attack, stroke, epilepsy, asthma and diabetes) and providing appropriate first aid (including the use of aspirin).

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