Annual first aid refresher (RUK) Training

Duration: **1 Day**

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Overview

This half-day course is suitable for people aged 16+ who wish to follow the Health and Safety Executive's (HSE) recommendation that first aiders have annual refresher training to maintain their skills and keep up to date with any changes which may happen between completing a first aid at work course and requalifying three years later.

What You Will Learn

The course recaps how to help someone who is:

- unresponsive and not breathing, including the use of an automated external defibrillator (AED)
- unresponsive and breathing
- choking
- bleeding heavily
- in shock
- burnt
- having a seizure.

Outline

It is designed for anyone who wishes to refresh their existing first aid at work training. The HSE strongly recommends that all first aiders holding a valid first aid at work or emergency first aid at work certificate complete an annual skills update.

This course is not certified. It is designed to keep your existing first aid at work or emergency first aid at work skills and confidence refreshed.