

# First aid at work requalification

Learn via: **Classroom**

Duration: **2 Day**

## **Overview**

This course is suitable for anyone aged 16+ who wants to refresh and update the skills they previously learned on the first aid at work course, in order to renew their certificate and continue to act as a workplace first aider.

It gives learners the skills and confidence to respond to a range of accidents and first aid emergencies they could encounter in the workplace.

## **Prerequisites**

Learners must be physically able to carry out the practical elements of the course.

## **Qualification**

The HSE requires at least 12 training contact hours for this course. Learners must attend all sessions to be eligible for assessment.

On successful completion of this course, you will receive a first aid at work certificate which is valid for three years.

For best practice, we support the HSE recommendation to complete an annual first aid skills update.

## **Outline**

Our first aid at work requalification course covers the content specified in the Health and Safety (First Aid) Regulations 1981.

It gives learners the skills to help someone who:

- is unresponsive and breathing
- is unresponsive and not breathing (including the use of an automated external defibrillator/AED)
- is choking
- is bleeding
- is suffering from shock
- is burnt
- feels faint
- has been poisoned
- has a head injury
- has hypothermia or heat exhaustion
- is having a medical emergency:
  - seizure
  - heart attack
  - angina attack
  - stroke
  - asthma attack
  - severe allergic reaction
  - diabetic emergency
- has an injury to a bone, muscle or joint (including spinal injuries).

The course also includes information on:

- dealing with an emergency:
  - assessing a casualty
  - monitoring a casualty
  - where to get help
  - electrical incidents
- accident recording and reporting
- control of substances hazardous to health (COSHH).

Each learner receives a training pack including a host of resources to help them practice the skills covered. The pack includes a course companion workbook, first aid manual, bandages and more.