



2-Day First Aid at Work Refresher

This refresher course is designed to give first aiders in the workplace the opportunity to update their skills and knowledge to continue to perform the duties of a workplace first aider.

Candidates can start this training up to three months before their certificate expires or within a month of its expiry. Candidates who fall outside these timing will be required to complete the 3-day first aid at work course.

Course content:

- Understand the role of the first aider
- Personal hygiene at first aid incidents
- The legal framework of first aid provision
- The use of first aid equipment and resources
- How to act in an emergency
- Cardio-pulmonary-resuscitation (CPR)
- Use of the External Automated Defibrillator
- Unconscious casualty
- Seizures/epilepsy
- Choking
- Wounds & bleeding
- Shock
- Injuries to bones, muscles & joints
- Spinal injuries
- Chest injuries
- Eye injuries
- Burns & scalds
- Poisoning
- Anaphylactic shock
- Heart attacks
- Stroke
- Asthma
- Diabetes
- Minor illness

Employers who identify that the above content does not fully cover their potential injuries/illness they should contact us to ensure that any additional subject/s are included in the course content. This may necessitate an increase in the course length.

Training is delivered using relevant practical and realistic casualty simulation techniques ensuring candidates are kept engaged throughout the training.

This 2-day course meets the requirements of the First Aid Regulations and will give candidates the knowledge and confidence to continue to act as first aiders for their employers.

Our price includes:

- Certificate valid for 3 years
- Dynamic & fun training
- All course material
- Realistic Casualty Simulation
- Lots of hands on practical sessions

Please contact us to discuss costings. Ask about our in-house courses for 6+ people

**Registered
Member**



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