



First Aid at Work Refresher

First Aid Industry Body and Quality Care Academy Approved



Introduction

A hands-on, practical approach combined with tutor presentations gives delegates an overview and revision of the three-day course and an update on the latest best practice.

This refresher course provides requalification for holders of the three-day First Aid at Work course certificate. Delegates must attend this course prior to the expiry of their First Aid certificate.



Course Duration

SSG offer this course over two days as a classroom course.



Course Attendees

This course is suitable for any persons who previously attended the three-day First Aid at Work course and whose certificate is due to expire or is within the 28 days of certificate expiration.

Delegates who attend the two-day refresher course must produce a copy of their original certificate when reserving their place.

Note

Due to the practical nature of this course, it is requested that delegate's wear suitable clothing i.e. trousers and clean footwear.



Course Programme

On completion of training, successful candidates should be able to:

- Understand the role of the first aider including reference to the importance of preventing cross-infection
- The need for recording incidents and actions
- Use of available equipment
- Assess the situation and circumstances in order to act safely, promptly and effectively in an emergency
- Administer first aid to a casualty who is unconscious, including seizure
- Administer cardiopulmonary resuscitation
- Train in the use of an AED
- Administer first aid to a casualty who is:
 - Choking

- Wounded and bleeding
 - Suffering from shock
- Provide appropriate first aid for minor injuries including small cuts, grazes, bruises or small splinters
- Recognise the presence of major illness including heart attack, stroke, epilepsy, asthma or diabetes, and provide appropriate first aid
- Administer first aid to a casualty with:
 - Injuries to bones, muscles and joints including suspected spinal injuries
 - Chest injuries
 - Burns and scalds
 - Eye injuries
 - Sudden poisoning
 - Anaphylactic shock
 - Major wounds



Training Certification and Assessment

Assessment is via a practical on the final day of the course. SSG course attendance certificates will be issued on successful completion of training and are valid for three years. Certificates need to be renewed prior to the expiry date or within 28 days of expiry.



Suggested Follow on and Complementary Courses

- First Aid Annual Skills Update
- CPR and Defibrillation Training