



# First Aid Annual Skills Update

First Aid Industry Body and Quality Care Academy Approved



## Introduction

On this course, delegates will receive a refresher in basic theory and will be given the opportunity to apply practical skills in a classroom situation.



## Course Duration

SSG offer this course over half a day as a classroom course.



## Course Attendees

This course is suitable for any persons who are qualified as first aiders. Delegates should have attended a previous First Aid at Work course and be looking for a practical update session to refresh their skills.

### 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 this course delegates will be able to:

- 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)
  - wounded and bleeding
  - suffering from shock
- Administer cardiopulmonary resuscitation
- Update AED skills



## Training Certification and Assessment

SSG course attendance certificates will be issued on successful completion of training, providing delegates have actively participated throughout the course. It is suggested that certification is renewed every year to ensure that those persons responsible for first aid are kept up to date with best practices.



## Suggested Follow on and Complementary Courses

- First Aid at Work Refresher