

HSE Approved Course

First Aid at Work Re-Qualification

Aimed at: Employees already holding a current *valid* First Aid At Work Certificate wishing to continue practising as qualified first aiders in the workplace. Delegates will refresh their knowledge of First Aid, and will be updated regarding new techniques and procedures.

Assessment: Delegates must attend both days of the course. There is a practical skills assessment test on the second day of the course.

Course Location: On-Site at your premises

Course Duration: 2 Full Days 9.30am-4.30pm (course dates to suit you)

No. of Delegates: 12 delegates max per course (HSE requirement)

DELEGATES MUST SUPPLY A COPY OF THEIR CURRENT VALID FIRST AID AT WORK CERTIFICATE



Course Content: The course includes an update of first aid knowledge and skills and a revision of workplace requirements

- Accidents and illness
- Using your First Aid Kit
- Injury assessment
- Cardio Pulmonary Resuscitation (C.P.R.)
- Choking
- Control of bleeding
- Shock
- Fainting
- Asthma
- Fractures/Dislocations
- Poisoning
- Recovery position and aftercare
- Seizures
- Allergic reaction
- Eye injuries
- Burns and scalds
- Heart attacks
- Illness assessment
- Stroke
- Diabetic emergencies
- Wounds and bandaging
- Record Keeping
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Delegates Receive:

HSE Accredited Training Manual

HSE Approved First Aid at Work Certificate valid for 3 years

Course Materials

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This course is run by an HSE Approved Instructor & Approved Centre