

First Aid at Work Requalification (HSE approved course)

This comprehensive 2 day course updates the first aid skills for people who need to renew their statutory first aid at work certificate and whose existing certificate is still valid.

Training covers both the theory and the practical skills required by a first aider in the modern workplace and the course is legally compliant with the current Health and Safety (first aid) Regulations 1981.

Upon successful completion of this update, first aiders will receive the full HSE -approved First Aid at Work Certificate to allow them to practice for three years after which re-qualification becomes necessary.

Course content

- The course includes an update of first aid knowledge and skills and a revision of workplace requirements.
- First Aid priorities
- Managing Incidents
 - Basic Life Support and
 - Examination and treatment of a casualty
- The unconscious casualty
- First Aid Kits
- Recognition and management of incidents: Heart attacks, Bleeding, Burns and scalds, Poisoning, Fractures, Seizures, Shock, Choking, Asthma, Allergic reaction, Eye injuries, Low blood sugar, Fainting, disorders of the airway
- Common illnesses
- Dressings
- Recording and reporting
- Practical session and individual assessment
- Role and responsibility

Aims/Outcomes

- The course aims to update and refresh your knowledge of the First aid at work syllabus
- To safely apply knowledge and skills in practice
- Successful candidates receive the full HSE -approved First aid at work certificate valid for three years after completing a practical skills test

This course will be attended by

- This course is for people wishing to renew a valid first aid at work certificate
- (First aiders whose certificates have expired for **more than 28 days** must attend the three day First Aid at Work Course)

On successful completion of this 2 day course candidates will receive a Health & Safety Executive (HSE) Recognised First Aider in the Workplace certificate