

First Aid at Work Requalification

A fast paced HSE approved course over two days / 12 hours to re-qualify as a First Aider in the workplace.

Suitable For

Re-qualification of an existing First Aid at Work certificate for a further 3 years. Note evidence must be seen that current qualification is in date at the start of the course.

Programme



Training is fast paced with an emphasis on refreshing basic skills, sharing experiences and incident scenarios relating the course to your specific work environment. Programme :

DAY 1

FIRST AID/INCIDENT MANAGEMENT/CASUALTY CARE
PERSONAL HYGIENE, INFECTION CONTROL
THE UNCONSCIOUS CASUALTY, RECOVERY POSITION
AIRWAY AND BREATHING DISORDERS, ASTHMA
BASIC LIFE SUPPORT (ADULT CPR)
CIRCULATION SYSTEM, SHOCK, HEART CONDITIONS
WOUNDS AND BANDAGING, EMBEDDED OBJECTS
FRACTURES, SPRAINS, SPINAL INJURY MANAGEMENT

DAY 2

RECOGNISING MAJOR AND MINOR ILLNESSES
DUTIES OF A FIRST AIDER / REGULATIONS
INCIDENT SCENARIOS, CASUALTY MOVING
CAUSES OF UNCONSCIOUSNESS
HEAT / COLD, BURNS, EYE INJURIES, POISONING
REVISION / PRACTICE TIME / DELEGATES Q&A
MULTI CHOICE PAPER
PRACTICAL ASSESSMENTS

Assessment

Multi-choice paper and two practical assessments with external examiners. A HSE approved First Aid at Work Certificate valid for 3 years (from Southern First Aid) will be awarded to everyone who passes.



Further Training

A further refresher course should be completed before your certificate runs out and lasts 12 hours (2 days) – we will send you a reminder! Additional courses we can provide include emergency first aid, CPR and defibrillator training.

Venue and Timings

Delivered at your venue - ideally free from interruptions and noise and suitable for activities on the floor. The course is usually run intensively over 4 days (9.30 – 4.30) but we can split the days and adjust the timings to suit your schedule / rotas. There is some reading and exercise to complete overnight.

Group Price

6-8 Delegates £740 8-12 Delegates £840

To include personal manual, equipment and certification for the course. We need to notify the Health and Safety Executive ideally 4 weeks prior to the start date.