



First Aid at Work Updates



Introduction

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

Delegates will receive a refresher in basic theory and will be given the opportunity to apply practical skills in a classroom situation.



Course Duration

This is a half day course.



Who Should Attend

The course is suitable for any persons who are qualified as first aiders. Delegates should have attended a previous First Aid at Work course.

Dress Code: Due to the practical nature of this course delegates are requested to wear suitable clothing i.e. trousers, clean footwear



Course Programme

- 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
- Update your AED skills
- Administer first aid to a casualty who is wounded and bleeding
- Administer first aid to a casualty who is suffering from shock.



Certification and Assessment

Attendance certificates will be issued after course completion 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