

3 HOUR COURSE

Annual First Aid Refresher Course

Annual Refresher Course for First Aiders and Emergency First Aiders

DESCRIPTION

Although it is not mandatory, the Health & Safety Executive (HSE) strongly recommend that HSE qualified First Aiders and Emergency First Aiders undertake an annual refresher course in order to keep their skills up-to-date and refreshed.

This three hour annual refresher course has been designed to meet that requirement and will help First Aiders to maintain their skills and knowledge whilst also keeping up-to-date with any changes to protocols.

DURATION

A minimum of 3 hours, consisting of theoretical and practical activities.

SYLLABUS

A range of subjects is covered including:-

- **Responsibilities** • **Communication Skills** • **Primary Assessment** • **Top-To-Toe Survey** • **Recovery Position**
- **Action for Vomit** • **Resuscitation** • **Chain of Survival** • **Wounds & Bleeding** • **Bandaging** • **Hygiene**

CERTIFICATION

A certificate of attendance will be issued to all those who attend.

NUMBERS

It is recommended that no more than 16 students attend this course.

AGE LIMIT

Students from the age of 14 can attend this course.

LOCATION

We are able to deliver this course on your site, reducing your costs in respect of additional time out and travelling.

Whatever your First Aid training requirement, there is a degree of flexibility within most programmes to accommodate it.

In association with

Please contact us for further information

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NUCO training

HSE Approved Training Organisation No 29/99