

# Annual First Aid Refresher

A half day refresher course as “strongly recommended” by the Health & Safety Executive. This aim of this course is to give existing First Aiders an opportunity to practice practical skills and update their knowledge.



*'Helping you deliver  
a duty of care'*

Phone: 01524 220 221

## Who Should Attend

This qualification is suitable for anyone holding a current Emergency First Aid at Work (EFAW) or First Aid at Work (FAW) qualification.

## Learning Outcomes

By the end of this course delegates should be able to understand:

- any changes to first-aid practice that have taken place in the previous year
- how these changes impact on the legal requirements for first-aid provision in the workplace
- how these changes impact on the role and responsibilities of the first aider.

And be able to demonstrate how to administer first aid to a casualty who is:

- unconscious
- not breathing
- choking
- bleeding from a wound
- in shock.

## Course Content

Delegates will receive training in the following subjects:

- Any updates on first-aid practice
- Any changes to the legal requirements relating to first aid
- Any changes to the role and responsibilities of the first aider
- Management of an unconscious casualty
- Cardio Pulmonary Resuscitation
- Assessment and treatment of a casualty who is wounded, bleeding or shocked

## Course Duration

The course is ½ day in duration (3 hours)

## Assessment Method & Certification

The assessment will be by the completion of practical demonstration of dealing with a casualty with the conditions covered in the course. On successful completion of the course, delegates will receive a certificate updating their competency for 1 year.

Candidates wishing to obtain a Nationally Accredited Certificate would sit the exam for the relevant Awarding Body (for the additional price of the certification and exam fee of the Awarding Body).

For this Qualification we can currently offer certification from the following Awarding Bodies:

**CIEH (The Chartered Institute of Environmental Health)**

**Qualsafe Awards**