

## First Aid Annual Refresher

½ Day course

In line with the revised First Aid Guidance issued on 1st October 2009\* we are able to offer a half-day annual refresher course that is suitable for those staff who have completed either the three-day **First Aid at Work** or the one-day **Emergency First Aid at Work** courses.

This is an ideal course to help keep your first aiders updated it also provides an opportunity for them to ask questions to their instructor and peers.

This course can be adapted to suit a particular audience i.e. clerical or engineering staff. The course is run over three days and includes both theory and practical sessions.

### Content of Annual Refresher course

On completion of training, successful candidates should be able to:

- ❗ assess the situation in an emergency;
- ❗ administer first aid to a casualty who is unconscious (including seizure);
- ❗ administer cardiopulmonary resuscitation;
- ❗ administer first aid to a casualty who is wounded and bleeding;
- ❗ administer first aid to a casualty who is suffering from shock.



\*Under the current guidelines it is “strongly recommend” that first aid trained staff attend a half-day update every twelve months – before completing full re-qualification training at the three year point.