

First Aid at Work Refresher

Course Description:

This course enables first aiders to refresh their skills and update their knowledge. This course covers the First Aid at Work syllabus and ensures that time is given to practice practical sessions and review updates. All learners must be in possession of a current and valid First Aid at Work certificate to commence their programme of learning.

Course Outline:

By the end of the course the delegates will be able to:

- : Act safely, promptly and effectively when an emergency occurs at work
- : Carry out cardio-pulmonary resuscitation (CPR) promptly and effectively
- : Care for a unconscious casualty and place in the recovery position
- : Administer first aid to a casualty who is wounded or bleeding
- : Administer first aid to a casualty who has been:
 - : Burned or scalded
 - : Is suffering from an injury to bones, muscles or joints
 - : Is suffering from shock
 - : Has an eye injury
 - : May be poisoned
 - : Has been overcome by gas or fumes
 - : Transport a casualty safely as required by the circumstances of the workplace
 - : Recognise common major and minor illnesses/conditions and take appropriate actions as required
 - : Maintain simple factual records and provide written information if required
- : Delegates will also be able to demonstrate a knowledge and understanding of the principles of first aid at work, in particular of:
 - : The importance of personal hygiene in first aid procedures
 - : The legal framework for first aid provision at work
 - : The use of equipment provided in the workplace
 - : The role of the first aider in emergency procedures

Course Duration:

2 Days

Assessment:

Delegates are formally assessed on 3 practical scenarios and also sit a multiple choice question paper or oral question paper on request

Certification:

Option 1

Route to certification will be through an awarding body that is approved by OFQUAL, the SQA or the Welsh Government. Training providers can run qualifications regulated by these awarding bodies. They are regulated with strict



quality and verification processes, so you get piece of mind that the training is up to date and of a potentially high standard. The qualifications have to be verified by both the awarding body and the training provider to assure quality. You may also be eligible to funding choosing this route however it will be more expensive due to certification costs.

Option 2

An approved centre will already have strict quality control in place but in the future there will be no external verification and checks. This will be a cheaper option as there will be no external verification costs that will be associated with option 1. Should you choose this option then you need to exercise due diligence to ensure that the provider, trainer and the type of training is appropriate for your business needs.

Extra Details:

All delegates receive a quality first aid manual. Sensible dress is advised as practical floor-based activities are required

Employers should make every effort to ensure that first aiders with a current 3 year first aid at work (FAW) certificate attend a re-qualification course within the 3 month period prior to the certificate expiry date. However, where this has not been possible, HSE will allow an extension of the certificate for 28 days beyond the expiry date, within which a re-qualification course should be completed

