

3-HOUR COURSE

# Annual First Aid Refresher Course



## Annual Refresher Course for First Aiders and Emergency First Aiders

Although it is not mandatory, the Health & Safety Executive (HSE) strongly recommend that 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
- Primary Assessment
- Recovery Position
- Resuscitation
- Wounds and bleeding
- Hygiene
- Communication skills
- Top-to-toe survey
- Action for vomit
- Chain of Survival
- Bandaging

### Certification

A certificate of attendance will be issued.

### 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.

