



2 Day HSE First Aid at Work Refresher

Introduction

This course is a Health and Safety Executive (HSE) approved First Aid at Work course, in accordance with the Health and Safety (First Aid) Regulations 1981. Holders of this First Aid at Work certificate can be used as First Aiders' in the workplace in accordance with the Health and Safety at Work Act 1974.

All of our First Aid courses incorporate the new resuscitation changes. Our courses are of the highest quality. The method of delivery used by our trainers creates a highly stimulating learning environment, ensuring that all learning objectives are met by all of the candidates. Our courses are highly interactive, very much a "hands on" approach.

Content includes:

- Incident and casualty management
- Primary assessment
- Emergency aid
- Secondary assessment
- Airway and breathing difficulties
- Disorders of circulation
- Wounds and bleeding
- Bone, joint and muscle injuries
- Burns and scalds
- Epilepsy/diabetes/poisoning

Duration

The First Aid at Work course is run over two days (12 hours) and includes both theory and practical sessions. We are able to deliver these courses, often at short notice, to companies, organisations and groups of individuals at any time. We have no problems fitting in with existing work shift patterns and are happy to teach these courses early morning, late evening or overnight if required!

Assessment

Candidates will be assessed by independent assessors on the final day of the course. This will include both a knowledge and skills assessment.

Cost

£135.00 (plus vat) per person