

Health & Safety

In-House Certification

First Aid at Work – Re-qualification

A two day course for delegates wishing to re-new their First Aid at Work Certificate. Candidates can renew their certificates up to 3 months prior to the expiry date and no later than 28 days after the expiry date. The course is approved by the Health and Safety Executive. Current First Aid certificates must be produced prior to the course.

Aim: For candidates to achieve their Health and Safety Approved 'First Aid at Work' Certificate that is valid for 3 years

Benefits: Delegates will be updated on new procedures and/or legislation and will be able to carry out life saving practices dealing with emergency situations and services effectively, as required by HSE.

Programme:

- ◆ Welcome and Introduction to the Course
- ◆ Aims and Objectives
- ◆ Principles of First Aid
- ◆ Recovery Positions
- ◆ Basic Hygiene
- ◆ Treatment of bleeding
- ◆ Illness Assessment
- ◆ Heart attacks/Angina
- ◆ Diabetes
- ◆ Poisons, gasses and fumes
- ◆ Initial Assessment of incident
- ◆ Resuscitation
- ◆ Burns and Scalds
- ◆ Eye injuries
- ◆ Fractures/Dislocations
- ◆ Strokes
- ◆ Anaphylactic Shock
- ◆ First Aid kits/Supplies
- ◆ Unconsciousness/levels of response
- ◆ Choking
- ◆ Shock/Fainting
- ◆ Injury Assessment
- ◆ Soft tissue injuries
- ◆ Seizures
- ◆ Asthma
- ◆ Record Keeping

Approach: This programme uses a mixture of practical sessions and instructions. All delegates will receive an up to date First Aid manual for their person use
(Ladies are advised to wear trousers)

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