

First Aid at Work - 2 Day Refresher course

Duration:

Two days

Objective

An HSE Approved Course held over Two Days Re-Certification Course : Legislation requires attendance on a re-qualification course with re-examination. Persons nominated to this two day course must have however, taken the four day certificate course and the certificated issued then, still valid and in their possession.

Contents

Revision of general principles of First Aid, approved code of practice.

Wounds and bleeding

Shock, anaphylaxis, and heart disorders

Breathing disorders

Resuscitation

Burns

Poisoning

Unconsciousness, strokes and head injuries

Sterile dressing and bandages

Injuries to bones, joints and muscles

Chest and back injuries

Immobilisation of fractures - upper and lower limbs

Fracture of spine and pelvis

Record keeping, contents of First Aid Boxes

Examination - practical and theoretical

Who should attend

All personnel who are qualified as Certificated First Aiders for the purposes of the Health and Safety (First Aid) Regulations 1981, are required by legislation to undertake this refresher course every two years to maintain their certificated status.

Course benefits

Any individual who is qualified in the administering of 'First Aid' in emergency situations, will benefit and can become re-certified from attending this two-day refresher course.

Additional information

We use a combination of scenarios and practical work to enthuse and inform our delegates. Cosensa trainers are chosen for their practical experience gained in real life situations and for their ability to inspire delegates.

Certificates

All delegates who successfully complete this course will receive a certificate of attendance.

Trainers background

The trainer for this course has extensive experience in design and delivery of first aid programmes. They are qualified by St Johns ambulance and previously held the position of First Aid trainer for the Central Scotland Police force for a number of years.