

## Course Aims

*To train and skill staff to deal safely with illness or injury, which may happen, at work.*

*This course is designed to fulfil the employer's requirement to assess the first aid needs of the business and to ensure that adequate numbers of 'suitable persons' are provided to administer first aid. 'Suitable Persons are those who have received training and acquired qualification approved by the HSE.*

*This two day course can be conducted at your premises for a maximum of 12 candidates*

*Ashtree Management Services Ltd are registered with the HSE to deliver all accredited First Aid training.*

*HSE reg No 75/00*



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## Ashtree Management Services Ltd

Registered Office: 13 Ruskin Close  
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## First Aid at Work (Refresher)



Ashtree Management Services Ltd



*Effective & Enjoyable Training*

**0800 9700 132**

# Fist Aid at Work (Refresher)

The refresher course is needed every 3 years to enable First Aiders to continue to hold a First Aid at Work full certificate. The syllabus covers all the details of the full first aid course in brief as well as catching up on any technique changes that may have occurred.



**Anaphylactic Shock**

## Assessment

A practical assessment and multi-choice paper conclude the course.

## Entry Requirements

The full First Aid at Work Certificate must be current.



**The Recovery Position**

## Course Objectives

By the end of the course participants will have refreshed themselves in:

- the ability to act safely, promptly and effectively when an emergency occurs at work
- the ability to administer cardio-pulmonary resuscitation (CPR) promptly and effectively
- the ability to administer first aid safely, promptly and effectively to a casualty who is unconscious
- the ability to administer first aid safely, promptly and effectively to a casualty who is wounded or bleeding
- the ability to administer first aid safely, promptly and effectively 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
- the ability to transport a casualty safely as required by the circumstances of the workplace
- the ability to recognise common major illnesses and take appropriate action
- the ability to recognise minor illnesses and take appropriate action
- the ability to maintain simple factual records and provide written information to a doctor or hospital if required

Delegates will be required to demonstrate knowledge and understanding of the principles of first aid at work including:

- the importance of personal hygiene in first aid procedures
- the legal framework for first-aid provision at work
- the use of first-aid equipment provided in the workplace
- the role of the first aider in emergency procedures
- CPR

## Course Duration

2 Days including the necessary practical examinations

## In-House Courses

This course may be delivered at your premises for groups up to 12 delegates.

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