

# First Aid at Work - Refresher



**Mode of Attendance:** Part Time | **Duration:** 2 Day Course

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**This course aims to train individuals to the standard required by the Health and Safety Executive for the purpose of the Health and Safety (First Aid) Regulations 1981.**

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**Course outline:**

General Principles of First Aid, Approved Code of Practice  
Immobilisation of Fractures ? Upper and Lower Limbs  
Wounds and Bleeding - Sterile Dressing and Bandages  
Shock, Anaphylaxis and Heart Disorders  
Injuries to Bones, Joints and Muscles, Fracture of Spine and Pelvis  
Breathing Disorders  
Chest and Back Injuries - Burns and Poisoning  
Record Keeping, Contents of First Aid Boxes  
Unconsciousness, Strokes and Head Injuries

**Target audience:** This course is designed for fully qualified first aiders requiring to renew their certificates.

**Entry requirements:** Individuals must possess a First Aid at Work certificate.

**FURTHER STUDY OPPORTUNITIES**

Candidates should renew their first aid certificate every three years.

**BENEFITS TO THE ORGANISATION**

Organisations will have trained individuals certificated to HSE standards who are able to provide first aid assistance in the workplace.

**BENEFITS TO THE INDIVIDUAL**

The course will provide first aiders with updates and refresh their knowledge of the ?First Aid at Work? syllabus.

**PRICE**

165.00

**MORE INFORMATION**

<http://www.forthvalley.ac.uk/courses/bifirstaid/2686>