



This 2-day course meets the requirements of the HSE and will give candidates the knowledge and confidence to refresh their first aid skills.

Our price includes:

- Certificate valid for 3 years
 - Dynamic & fun training
 - All course material
 - Realistic Casualty Simulation
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HSE strongly recommend that first aiders in the workplace undertake annual refresher training of at least 3 hours within any three-year certification period.

Please contact us to discuss costings.

Course Information

HSE First Aid at Work 2-Day Refresher

This course is designed to give first aiders in the workplace the opportunity to update the necessary skills and knowledge to continue to perform the duties of a workplace first aider.

Candidates can start this training up to three months before their certificate expires or within a month of its expiry. Candidates who fall outside these timing will be required to complete the 3-day first aid at work course.

Course content:

- Understand the role of the first aider
- Personal hygiene at first aid incidents
- The legal framework of first aid provision
- The use of first aid equipment and resources
- How to act in an emergency
- Cardio-pulmonary-resuscitation (CPR)
- Unconscious casualty
- Seizures/epilepsy
- Choking
- Wounds & bleeding
- Shock
- Injuries to bones, muscles & joints
- Spinal injuries
- Chest injuries
- Eye injuries
- Burns & scalds
- Poisoning
- Anaphylactic shock
- Heart attacks
- Stroke
- Asthma
- Diabetes
- Minor illness

Employers who identify that the above content does not fully cover their potential injuries/illness they should contact us to ensure that any additional subject/s are included in the course content. This may necessitate an increase in the course length.

Training is delivered using relevant practical and realistic casualty simulation techniques ensuring candidates are kept engaged throughout the training.