

## First Aid Annual Refresher Course

### First Aid Annual Refresher Course Overview

The Annual First Aid Refresher Course meets the strong recommendations laid down by the HSE that all qualified first aiders undertake annual refresher training. It is seen that this will help qualified first-aiders maintain their basic skills and keep up to date with any changes to first aid procedures. This 3 hour course is suitable for anyone who has undertaken a HSE First Aid at Work or HSE Emergency First Aid at Work Course.

Our aim at Good Skills Training is that all learners should enjoy their Annual First Aid Refresher Course and that by the end of their course all learners should be safe, prompt, effective and confident first aiders in the workplace.

### First Aid Annual Refresher Course Syllabus

- × Primary Assessment
- × Secondary Assessment
- × CPR
- × Seizures
- × Shock and Bleeding

### First Aid Annual Refresher Course Duration

3 Guided Learning Hours

Usually run over ½ a day 9:30 - 12:30 or 13:30 - 16:30. *This can be adjusted to meet your needs.*

### First Aid Annual Refresher Prerequisite

Delegates should have a current HSE First Aid Qualification, although this course will do for anyone wishing to keep skills and knowledge up to date.

Please inform us of any learning or physical special needs that any learners may have prior to the course, so that we can cater for these.

### First Aid Annual Refresher Course Assessment Process

This course is continually assessed by our trainer.

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## First Aid Annual Refresher Course Renewal Process

It is strongly recommended by the HSE that learners undergo an annual ½ day First Aid Refresher Course to keep their skills up to date.

After 3 years delegates must either retake a HSE Emergency First Aid at Work Course or undergo a 2 day HSE First Aid at Work Requalification Course to keep their qualification valid, this depends on their original qualification. Please contact us if you are unsure.

### Other Courses of Interest

- × HSE First Aid at Work Course
- × HSE First Aid at Work Requalification Course
- × HSE Emergency First Aid at Work Course
- × First Aid and Defib Instructors Course with PTLLS
- × HABC Level 2 Health and Safety Course
- × Fire Marshall Course

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