

## **HSE First Aid at Work Requalification Course**

### **First Aid at Work Requalification Course Overview**

The HSE First Aid at Work Requalification Course meets the requirements of the Health and Safety (First Aid) Regulations 1981, that all organisations must have adequate first aid provision. This 2 day course is suitable for people who have already completed the full First Aid at Work Qualification and wish to renew their certificate. Individuals will be required to present a copy of their current First Aid at Work Certificate when they attend the course.

Our aim at Good Skills Training is that all learners should enjoy their First Aid at Work Requalification 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 at Work Requalification Course Syllabus**

- ✗ Responsibilities of the First Aider
- ✗ Primary Assessment
- ✗ Secondary Assessment
- ✗ CPR
- ✗ Seizures and Epilepsy
- ✗ Choking Asthma
- ✗ Shock and Bleeding
- ✗ Heart Attacks and Angina
- ✗ Stroke
- ✗ Anaphylactic Shock Bone, Joint and Muscle Injuries
- ✗ Chest Injuries
- ✗ Burns and Scalds
- ✗ Sudden Poisoning
- ✗ Diabetes
- ✗ Head Injuries

### **First Aid at Work Requalification Course Duration**

12 Guided Learning Hours.

Usually run over 2 Days, 9:00 - 16:30

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## First Aid at Work Requalification Course Prerequisite

*Delegates must have a current HSE First Aid at Work Qualification.*

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 at Work Requalification Course Assessment Process

This course is assessed by 3 practical assessments and 1 multiple choice paper.

## First Aid at Work Requalification 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 learners must undertake a 2 day First Aid at Work Requalification Course to keep their First Aid at Work qualification valid.

## Other Courses of Interest

- ✘ First Aid Annual Refresher Course
- ✘ HSE Emergency First Aid at Work Course
- ✘ First Aid and Defib Instructors Course with PTTLS
- ✘ HABC Level 2 Health and Safety Course

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