



# First aid at work annual refresher



Remote



2 hours



Maximum **8 delegates**  
per course

## Aim

This course offers a brief run-through of the most important areas of first aid at work allowing them to refresh skills and retain confidence in their essential first aid techniques.

## Who Should Attend

This course is designated for individuals who currently hold a level 3 first aid at work or level 3 emergency first aid at work certificate. There are no formal entry requirements but delegates would be expected to have achieved the first aid at work or emergency first aid at work qualification.

## Content

- ✓ Incident and casualty assessment
- ✓ Cardiopulmonary resuscitation (CPR) and automated external defibrillators (AEDs)
- ✓ Choking
- ✓ Bleeding and shock
- ✓ Catastrophic bleeding including wound packing and tourniquets

## Structure

This course is trainer led, delivered by virtual classroom and structured to allow delegates to interact, verbalising their knowledge through question and answers. Additionally, practical techniques in AED, wound packing and the application of tourniquets will be demonstrated. Please note this is not an accredited qualification. Delegates will be issued with a certificate of attendance. Should you require an accredited qualification [please see our first aid at work annual refresher qualification](#).

## Outcome

Delegates who attend this course will have practiced essential procedures, learnt about any updates in best practice, and feel confident administering first aid if needed.

## Retraining

Certification is valid for one year from date of training. Annual refreshers are highly recommended to be repeated each year in between a first aid at work or emergency first aid at work qualification

## Trainer

Our trainers are of the highest standard, all holding a relevant teaching qualification such as PTLLS as well as a valid first aid at work qualifications and other first aid related subject specialisms.

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