

# First Aid in the Workplace

## Best practice for refreshing and requalifying

We understand that knowing when you need to retrain and what you should do to keep your knowledge fresh can be confusing, so we've designed this guide to help answer any questions.

### Am I a current first aider?

If you have a valid, in-date certificate then you have a current first aid qualification. All first aiders must hold a valid, up-to-date certificate in order to be deemed competent to undertake first aid in the workplace. Every effort should be made to ensure that requalification takes place prior to expiry of certification.

### What do I do after I've qualified?

It is highly recommended that a first aider attends some form of refresher training annually in between qualifications. This is not a legal requirement but is promoted as best practice by the HSE to ensure delegates have the most up-to-date information regarding essential life support skills. This is supported by Quallsafe Awards, Posturite's awarding body for first aid training via the onsite QA level 3 first aid at work annual refresher course or through our remote first aid annual refresher course.

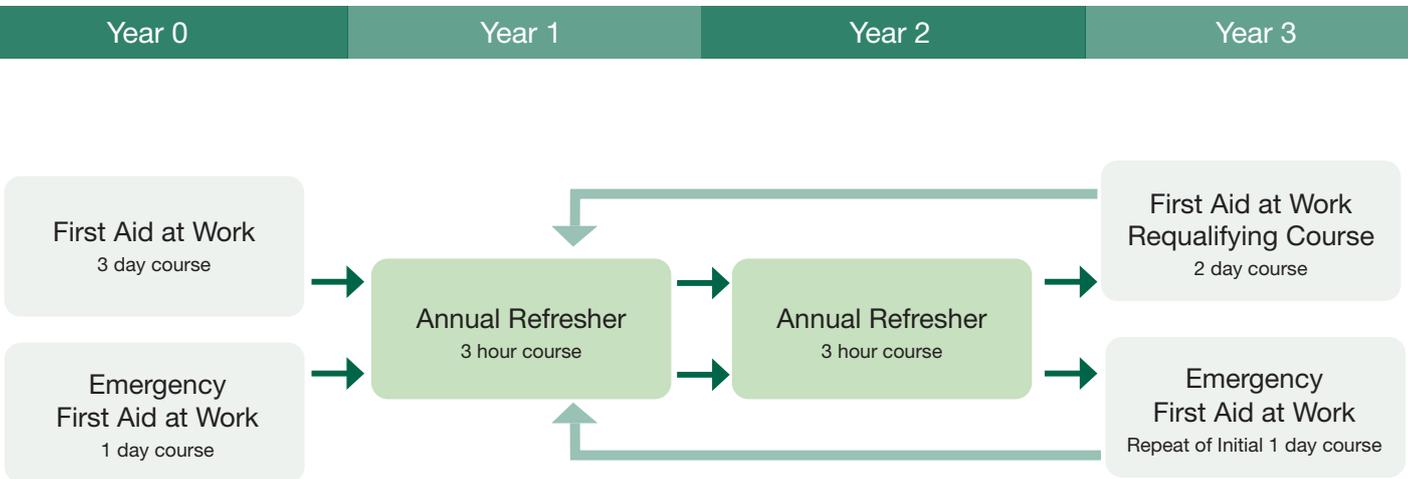
### How do I keep my qualification up to date?

Currently requalification for the first aid at work course can be undertaken over two days. You should complete this course before the expiry of your current certificate.

Should you not manage to complete any refreshers in between qualifications, or your certificate has expired, we recommend doing a full course to renew your qualification, rather than the two-day requalification.

To retain your emergency first aid at work qualification you will need to repeat the original course ahead of your certificate expiring.

Please see following charts which provides best practice for first aid training.



### I'm still not sure which course I need to complete and when I need to do this by.

Just drop our training team an email on [training@posturite.co.uk](mailto:training@posturite.co.uk) or give them a call on **0345 345 0010** and they will be happy to advise the best route for you to keep your qualification up-to-date.