

First Aid at Work - Requalification

Aim

This 2-day First Aid at Work course is designed for those who currently hold a First Aid at Work qualification and are due to expire.

Delivery method, venue and duration - date(s) to suit you

- Face-to-face in your own training room over two full days, OR
- 1 day virtual, 1 day face-to-face in your own training room

Learning outcomes: by the end of this session participants should have covered the following areas:

- Legislation
- Responsibilities of a first aider (incl. preventing cross infection and reporting)
- Fractures and spinal injuries
- Control of bleeding
- Assessment of the situation
- Shock (incl. anaphylaxis)
- Head injuries
- Sprains and strains
- Burns
- Resuscitation
- Heart attacks
- Eye injuries
- Choking
- Chest injuries
- Diabetes
- Asthma
- Poisoning
- Stroke
- Epilepsy
- Bandaging

Training methods used

All of our training sessions are intended to be as interactive as possible. Participants are encouraged to ask questions, make comments and bring up their own experiences. We use lots of different methods including quizzes, role play, video clips, as well as direct teaching. We want participants to leave the session saying “that was really enjoyable - and it was directly relevant to my working life.”

Accredited or non-accredited first aid training?

We offer both accredited and non-accredited first aid training. The content is the same, which meets the requirements specified by the Health and Safety (First Aid) Regulations 1981. There is a practical assessment and multiple choice examination as part of the accredited course. Successful participants will be awarded the Ofqual First Aid at Work certificate, which is valid for three years. Maximum numbers are 16 per session for unaccredited first aid training and 12 per session for accredited first aid training.