

Annual First Aid Refresher

Aim

To keep participants up to date with the latest developments in first aid and refresh basic skills.

Target Group

Not compulsory, but strongly recommended by the HSE at the end of years 1 and 2 for people who have completed the 3-day “First Aid at Work” or 1-day “Emergency First Aid at Work” training.

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

- Face-to-face in your own training room over a half-day

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

- Responsibilities
- Action in an emergency
- Unconscious casualty
- Resuscitation and Automatic External Defibrillator (AED)
- Disorders of respiration (choking)
- Disorders of circulation (shock)
- Wounds and bleeding

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, roleplay, video clips and small group work 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?

The rules changed in 2013 and it’s now up to the employer to decide whether its first aid training should be accredited or non-accredited. We offer both... the content is the same and meets the requirements specified by the Health and Safety (First Aid) Regulations 1981. Maximum numbers are 16 per session for unaccredited first aid training and 12 per session for accredited first aid training.