

## Basic Skills Update for First Aiders + AED (Annual)

**The HSE "Strongly recommends" that it is good practice for First Aiders to complete an annual refresher course. Retention of knowledge and skills deteriorate over the three-year certificate life therefore this course provides valuable refresher and update training. Run yearly, in conjunction with Refresher courses every three years, this produces a very efficient and cost effective training programme. Â Â**

**Cost:** Â£395 for up to 12 students on your site

**Course length:** 3 hours

**This course is for:** smaller workplaces where a First Aider is not required. If your risk assessment has shown that First Aiders are not necessary, then this course will provide the skills and knowledge required for Appointed persons to render necessary Basic First Aid in an emergency situation with an AED. The course is also suitable for those who wish to gain knowledge of emergency procedures & a qualification in First Aid.

**Certificate:** A certificate of attendance is issued valid for 1 year

**For bookings contact:** Nigel Sivyer Tel: 01322 666 404, Mobile 07960 937 120, Email [info@firstaidcourses.co.uk](mailto:info@firstaidcourses.co.uk)

### Aims

To enable candidates to get help & give adequate and efficient Emergency Aid to a casualty at the workplace following an injury or illness using materials to hand, an AED and HSE approved first aid equipment

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### Objectives

On completion of training, candidates should have demonstrated their competence to:

- assess the situation in an emergency;
- administer first aid to a casualty who is unconscious and/or in seizure;
- administer cardiopulmonary resuscitation and use an AED;
- administer first aid to a casualty who is wounded or bleeding and/or in shock.

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### Syllabus

Â Introduction, registration welcome & domestics

- Assessment of the scene and a casualty
- Recovery position
- Artificial Ventilation and CPR techniques (including any updates to CPR protocols)
- Assessment and treatment of choking casualties
- Assessment and treatment of Shock
- Revision

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