

## First Aid at Work Requalifier +AED - (FAIB Approved)

**First Aid skills deteriorate with time. The HSE therefore require all First Aiders in the workplace to refresh their skills and knowledge every 3 years. Experienced First Aiders are an asset to any workplace and refresher training will ensure that they will continue to be able to use provided First Aid equipment & an AED with confidence.**

**Cost:** Â£895 for up to 12 students on your site

**Course length:** 2 days

**This course is for:** Existing First Aiders whose First Aid at Work certificate is due for renewal (currently 3 years). This course complies with the Health & Safety (First Aid) Regulations 1981.

**Certificate:** A further 3 year Certificate of Competence (FAIB Approved) will be awarded on successful completion of the course and assessment.

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### Aims

To requalify and update existing First Aiders to HSE standards so that they can continue to render First Aid in the Workplace. The course will enable students to get help & give safe, prompt & effective First Aid to a casualty in the workplace following an injury or illness using materials to hand, HSE approved first aid equipment & an AED.

### Objectives

On successful completion of the syllabus, each student will be able to demonstrate that they are able to:

- act safely, promptly and effectively with emergencies at work
- use first aid equipment, including the contents of a first aid box
- understand the duties of employers and the legal framework
- maintain simple factual records on what they have done with regard to any treatment or management of an emergency
- recognise the importance of personal hygiene in first aid procedures.

They will also be able to deal with a casualty who:

- requires cardiopulmonary resuscitation & an AED
- is unconscious
- is bleeding or wounded
- is suffering from shock
- is suffering from an injury to bones, muscles or joints
- has been burned or scalded
- has an eye injury
- has been overcome by gas or fumes; or may have been poisoned or exposed to a harmful substance.

They will be able to:

- recognise major illnesses and take appropriate action
- recognise minor illnesses and take appropriate action
- manage the transportation of a casualty, as required by the circumstances of the workplace.

## Syllabus

### DAY1

Refresh and update:

Initial Assessment of a Casualty

Primary Survey

Recovery position

Mouth-to-mouth breathing

Cardiopulmonary resuscitation CPR including use of an AED

Causes and management of unconsciousness (Secondary Survey)

Revision of bandaging skills and Knowledge

Skills practice of control of minor & Major bleeding

Fractures, recognition and treatment

### DAY 2

Recognizing and treating:

Seizures, Diabetic emergencies, Heart conditions, asthma, Burns, poisoning & eye injuries.

Duties of a first Aider

HSE Regulations & contents of workplace first aid kit

Emergencies, what to do

Major incidents, how to deal with

Revision of underpinning knowledge & practical skills

### FINAL PRACTICAL ASSESSMENT

