



FIRST AID ANNUAL UPDATE

General

As of 1st October 2009, HSE introduced a ½ day Annual Update of skills for delegates who have previously attended an Initial First Aid at Work course or an Emergency First Aid at Work course. The course will give delegates the chance to practice and update the basic life support skills they learnt on their original course and to keep abreast of any changes to first-aid procedures.

Course Content

The course covers:

On completion of training, candidates should demonstrate their competence to:

- Assess the situation in an emergency;
- Administer first aid to a casualty who is unconscious (including seizure);
- Administer cardiopulmonary resuscitation;
- Administer first aid to a casualty who is wounded and bleeding;
- Administer first aid to a casualty who is suffering from shock.

Course Duration 3 hours

Course Loading Max trainee / instructor ratio is 12:1

Course Location Public courses are held regularly at Specialist's training centre at Altham, Lancashire or at customer premises or suitable nearby locations nationwide.

Certification Trainees will be issued with an attendance certificate.

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