



# FIRST AID AT WORK REFRESHES

## General

This course is aimed at those personnel who already hold a full First Aid at Work certificate and who are coming up to the three-year refresher time limit. Any first aiders who have the appropriate "in date" approved certificate from any first aid training organisation can join the course. If the certificate has expired and is outside the three-year time limit set by the Health and Safety Executive, the candidate must attend the full three-day course again.

## Course Content

### The course covers:

- The Principles of First Aid
- Action to be taken in an emergency
- Priorities of treatment
- Unconsciousness & Recovery Position
- Asphyxia
- Chest injuries
- CPR
- Wounds and Bleeding
- Dressings
- Scenario Exercises

**Course Duration** Two days

**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** Upon passing the course, trainees will be issued with a "First Aid at Work" certificate.

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**SPECIALIST**  
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