

First Aid at Work Re-qualification

This course is suitable for people aged 16+ who have previously completed a first aid at work course and need to renew their first aid at work qualification for another three years in order to continue to act as a first aider for their workplace.

In addition to the topics covered on an emergency first aid at work course, this course covers treatment for a variety of injuries and medical conditions.

Course Content

This re-qualification gives learners the skills and confidence to help someone who:

- is unresponsive and breathing
- is unresponsive and not breathing, including how to use of an automated external defibrillator (AED)
- is choking
- is feeling faint
- has been poisoned
- has a head injury
- has hypothermia or heat exhaustion
- has an injury to a bone, muscle or joint (including spinal injuries)

Learners will also be able to help a casualty who is having a:

- seizure
- heart attack including the administration of aspirin
- angina attack
- stroke
- asthma attack
- severe allergic reaction
- diabetic emergency

The course also includes information on:

- assessing a casualty
- monitoring a casualty
- where to get help
- electrical incidents
- accident recording and reporting
- the control of substances hazardous to health (COSHH)

Delivery and Outcomes

The two day course runs from 9am until 5pm each day, with a lunch break between the morning and afternoon sessions. We recommend that you bring your own lunch, as not all venues have food outlets on site or nearby.

Delivered in a classroom setting, this course offers a practical, hands-on approach that delivers the skills and confidence to use first aid skills in a real life situation. For added reassurance, each learner is assessed throughout the course using a range of practical demonstrations, question and answer sessions, quizzes and engaging activities designed to coach and support them.

To ensure you get the most effective learning experience, learners must be physically able to participate and we limit group size to 12 people.

Each learner receives a training pack including a host of resources to help them practice the skills covered. The pack includes a course companion workbook, first aid manual, bandages and more.

On successful completion of this course, you will receive a first aid at work certificate which is valid for three years by the British Red Cross. This course meets the requirements specified by the Health and Safety (First Aid) Regulations 1981.

The HSE requires 12 contact hours for this course. Learners must attend all sessions to be eligible for assessment, which is done by continuous observation and questioning during the course.

Please note: It is your responsibility to ensure you have previously held a full three day first aid at work certificate; on successful completion of this course any certificate issued without this prior training will be invalid.