

# Annual Refresher Course

## COURSE TITLE **Annual Refresher Course for First Aiders and Emergency First Aiders**

### DESCRIPTION

Although it is not mandatory, the HSE strongly recommend that HSE qualified First Aider's and Emergency First Aider's undertake an annual refresher course in order to keep their skills up-to-date and refreshed.

The qualification period for both groups of First Aiders is 3-years. It was felt that this period was too long without any additional training.

### DURATION

A minimum of 3 hours, consisting of theoretical and practical activities.

### SYLLABUS

**A range of subjects is covered including:-**

- **Responsibilities**
- **Communication skills**
- **Primary Assessment**
- **Top-to-toe survey**
- **Recovery Position**
- **Action for vomit**
- **Resuscitation**
- **Chain of Survival**
- **Wounds and bleeding**
- **Bandaging**
- **Hygiene**

### CERTIFICATION

A certificate of attendance will be issued.

### NUMBERS

It is recommended that no more than 12 students attend this course.

### LOCATION

We are able to run this course on your site, reducing your costs in respect of additional time out and travelling.

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Whatever your First Aid training requirement, there is a degree of flexibility within most programmes to accommodate it.

Please contact us for further information

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