

**IMAGE**

## At a glance...

### Training (with Assessment) Competence

Duration Notes: 2 days

## Introduction

Refresh your skills and continue to be a recognised first aider at work with our requalification course.

## Overview in brief

This training course is for you if you have a valid and current first aid certificate.

You will refresh the required skills and knowledge of first aid, so you can administer simple but sometimes life-saving techniques in the workplace and continue to make a real difference to your workplace and safety of your colleagues.

## The finer details

This is a two-day theory and practical course which will give you the time to revive the skills and techniques you have already.

Again, there will be assessment and you will receive a certificate of training once the course is completed and a workbook to keep as a handy reference guide.

Course sessions:

- Resuscitation
- Unconsciousness
- Airway and breathing problems
- Circulation problems
- Wounds and bleeding
- Burns and scalds
- Injuries to bones, muscles and joints
- Other serious conditions.



Worth noting: First Aid at Work certificates are valid for three years, so a further two-day qualification course must be carried out within one month of expiry. Don't leave it any longer or you'll have to take a full first aid at work course.

## Who should attend?

This course is ideal for you if you work in any industry and need to ensure that you have the relevant training to carry out first aid. You must hold a current and valid First Aid at Work certificate to be able to join the course.

## What will be covered?

The training covered by the First Aid at Work course. Please note this is a requalification, not the original course.

## Other areas of interest

### Training

- AID32 Emergency First Aid at Work
- AID33 First Aid at Work
- AID17 +F First Aid
- AID35 Emergency First Aid at Work +F
- AID36 First Aid at Work +F
- AID37 First Aid at Work +F Requalification

### Training Republic of Ireland

- AID31 +F First Aid (Republic of Ireland only)
- AID40 Emergency First Aid at Work +F (Republic of Ireland only)

### Qualifications

- 610/1205/1 Level 3 Award in Emergency First Aid at Work
- 610/1208/7 Level 3 Award in First Aid at Work