



First Aid at Work Requalification

Aims

This **2-day First aid at work requalification** course is suitable for people aged 16+ who have previously completed a 3-day [First aid at work](#) course and need to renew and refresh their first aid at work qualification for another three years in order to continue to act as a first aider for their workplace.

Who Attends

This course is for those who have previously attended a First Aid at Work course and are looking to renew their qualification.

Course Content

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.

It 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).

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.

Course Duration

This is a 2 day course.

Maximum Candidates

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, such as roleplay, 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. Our courses meet and exceed the HSE's criteria for what is expected of training providers.

Qualification Obtained

On successful completion of this course, you will receive a **first aid at work** certificate which is valid for three years. 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.

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.

Additional Information

PLEASE NOTE all online bookings are **provisional** until confirmed with you by our training team.