

## HSE First Aid at Work Re-qualification Course Description

### Aims & Objectives

The aims and objectives of this course is to enable the designated first aider at work to continue to carry out appropriate first aid in an emergency situation. Following the course the attendees will be able to manage a casualty who is injured at work, or suffers from a serious illness, until the emergency services arrive. Each onsite course is tailored around your workplace where possible.

A copy of a valid in date First Aid at Work Certificate for each attendee is required prior to the training (in some cases we can re-qualify an individual up to one month after their certificate has expired).

### General Information

Maximum of 12 attendees per Instructor

### Course Duration

12 Hours (2 Days)

This can be broken down into bite size chunks of training to suit your requirements. Training must be completed over a maximum of six weeks.

### Delivery Technique

This course is delivered via a range of techniques including;

- Instructor led presentation
- Group practice
- Group discussion
- PowerPoint
- Video presentation

The amount of different methods of presentation is flexible to suit the needs of the group.

### Course Assessment

All attendees are required to undertake an assessment on the final day of the course. Both practical and theoretical aspects will be assessed. The assessments are carried out by two external assessors who have not been involved in the teaching of the course. Our assessors are trained to carry out the assessments in a low stress environment and to install confidence in all attendees.

### Course Certification

All successful attendees will be awarded a certificate approved by the Health & Safety Executive (HSE). This certificate is valid for three years.

### What do I need to host this course on site?

- A room that will comfortably seat the amount of delegates and allow for floor practice for the duration of the course
- Two additional assessment areas on the final afternoon of the course

## HSE First Aid at Work Requalification - Course Content and Suggested Timetable

### Day One

09.00 – 09.20	Introduction & Course Administration
09.20 – 09.30	Aims of First Aid
09.30 – 09.40	Dealing with an Emergency
09.40 – 10.45	Priorities of Treatment Cardio Pulmonary Resuscitation (CPR) – Adult
<b>10.45 – 11.00</b>	<b>Break</b>
11.00 – 11.45	CPR continued – Adult, Child & Baby
11.45 – 12.00	Recognition & Treatment of Regurgitation Use of face shields
12.00 – 12.30	Unconscious Patient
<b>12.30 – 13.00</b>	<b>Lunch</b>
13.00 – 13.15	Hypoxia causes / signs & symptoms (inc respiratory system & chest injuries)
13.15 – 13.30	Choking – Adult, Child & Baby
13.30 – 13.45	Asthma / Hyperventilation
13.45 – 14.30	Wounds / Bleeding (inc treatment, hygiene, Bandaging and first aid kits)
14.30 – 14.45	Shock / Anaphylaxis
14.45 – 15.00	Angina & Heart Attack
<b>15.00 – 15.15</b>	<b>Break</b>
15.15 – 15.30	Stroke “Brain Attack”
15.30 – 16.00	Burns & Scalds Poisoning
16.00 – 16.15	Questions and Answers
16.15 – 16.30	Assessment Recap Papers

### Day Two

09.00 – 09.20	Recap of Day One
09.20 – 09.50	Epilepsy / Seizures Diabetes
10.00 – 10.45	Bones / Joints and Muscle Injuries
<b>10.45 – 11.00</b>	<b>Break</b>
11.00 – 12.00	CPR / Assessment Practice
12.00 – 12.30	Incident Recording
12.30 – 13.00	Final Questions and Answers
<b>13.00 – 13.30</b>	<b>Lunch</b>
13.30 – 14.00	Final Written Assessment
14.00 – 15.30	Final Practical Assessment
15.30 – 16.00	Course Closure and Evaluation