



# ouch First Aid Training

## First Aid at Work Requalification (2 day)

This comprehensive course aims to refresh First Aider skills, providing any recent updates in First Aid procedures. Delegates painlessly absorb essential knowledge through a series of practical scenarios and exercises. This course complies with H&S (First Aid) Regulations 1981. (updated October 2009).

### Who is it for?

The course is only suitable for those staff who already hold a current First Aid at Work certificate or one that has expired for a period of no more than 28 days.

### Topic Areas

- Role of the first aider including use equipment and the need for recording incidents and actions
- Hygiene in first-aid procedures
- Assessing the situation in order to act safely, promptly and effectively in an emergency
- Administering first aid to a casualty who is unconscious and/or in seizure
- Cardiopulmonary resuscitation
- Administering first aid to a casualty who is wounded or bleeding and/or in shock
- Administering first aid to a casualty who is choking
- Provide appropriate first aid for minor injuries.
- Recognising major illness and applying general first-aid principles in its management

In addition, candidates should be able to demonstrate the correct first-aid management of:

- Soft tissue injuries
- Injuries to bones including suspected spinal injuries
- Chest injuries
- Burns and scalds
- Eye injuries including how to irrigate an eye
- Sudden poisoning and anaphylactic shock

### Assessment

The course is assessed via a practical exam. If successful the delegate will receive a First Aid at Work certificate, which is valid for three years. (NB the HSE now strongly recommend that delegates attend an annual first aid refresher course (3hrs). Contact Ouch for further details.

**Duration:** Minimum of 12 hours (normally run over 2 days). This course can be run in-house for up to 12 delegates or individuals can attend our open courses.

For a safe alternative call: **0800 389 1314**

Website: **[www.ouchtt.co.uk](http://www.ouchtt.co.uk)**