



First Aid at Work Refresher (Two Day)

Course Reference: FAWR/001/OSS

What's the course all about? The First Aid at Work course is designed to enable key members of staff to administer emergency first aid assistance.

What will I learn? As well as learning the topics on the Emergency First Aid at Work course you will also cover the treatments for a more variety of injuries and conditions and get to spend longer on each stage.

Exactly What Will I Do? On completion of the course candidates should be able to:-

- Understand the role of a first aider including reference to:
 - The importance of preventing cross infection;
 - The need for recording incidents and actions;
 - Use of available equipment
- Assess the situation and circumstances in order to act safely, promptly and effectively in an emergency;
- Administer cardiopulmonary resuscitation;
- Administer first aid to a casualty that is suffering from shock;

- Delegates should be able to help a casualty suffering from:
 - A seizure
 - Heart attack (with deliberator training)
 - Anaphylactic shock (practice with a EpiPen)
 - Diabetic emergency
 - Stroke
 - Allergic reactions
- Delegates should be about to confidently help some who is:
 - Choking
 - Bleeding
 - Burns
 - Head Injuries
 - Joint injuries
 - And much more





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Who should attend? The course can be adapted to suit a particular audience and is ideal for lower risk businesses, in accordance with the Health and Safety (First Aid) Regulations 1981.

Student Requirements: Delegates much have done a 3-day First Aid at Work course with an in-date certificate.

How long will it last? 2 Day

How many will be there? Maximum of 12

Do I get anything to take away? On successful completion of the course delegates will receive certificate of attendance saying the courses meets the requirements specified by the Health and Safety (First Aid) Regulations 1981.

Our courses are non-accredited but if you company requires an accredited training course please email to enquire.

What other courses can I do after this one? There are plenty of progression courses for you to choose from:

- 1 Day Emergency First Aid at Work
- 3 Day First Aid at Work
- Defibrillator training

Where and When? We have courses running at our premises throughout the year. We can also put on a course specifically for you and your team at your premises, so let us know what you really need.

What about Food and Drink? We really don't want you to worry about anything, so we have made sure we think of everything especially the catering arrangements. For this course we provide drinks and some fantastic food at lunchtime.

What's it going to cost me? Individual costs at our training facility are £180 + VAT. Prices for courses at our premises include catering, training book and handouts

What do I do now?

Contact us 08456 344164, or;

E-mail us at kate@safetyforbusiness.co.uk

