

OCCUPATIONAL FIRST AID REFRESHER

Refresher courses are essential for certificated First Aiders to keep up with developments in First Aid practice, and to refresh skills that may only be intermittently used. This one day course is certificated.

On Completion of this course participants will be able to:

- Demonstrate up-to-date practical skills
- Explain new developments in First Aid

Course Content

- **Introduction**
Approach and priorities – Shock
- **Unconsciousness**
Examination of unconscious casualty – Recovery position
- **Resuscitation**
Brief anatomy and physiology of the heart and lungs – Definition, signs and causes of asphyxia – Heimlich manoeuvre – Expired air resuscitation including mouth to nose – External chest compressions – Heart attack
- **Bleeding and Wounds**
Brief anatomy and physiology of the circulatory system – Control of bleeding – Wounds including amputation – Wounds with a foreign body – Internal bleeding
- **Injuries**
Examination of the eye – Treatment of foreign bodies and chemical splashes in the eye – Burns and scalds – Poisoning: causes and treatment

Methods of Training

This course utilizes a range of practical tasks and assessments to ensure participants meet the standard required.

Max per Course 10

Duration

1 day

N.B.: Prior to attending this course we must have a copy of your current valid First Aid Certificate. First Aid Certificates expire after 3 years, which is why Refresher training is essential to keep the Certificate in date.