

Rochdale Occupational Health Service Ltd

Course Information Sheet For 2-Day First Aid At Work Requalification Course

Aims & Objectives

To update the candidate's first aid skills and knowledge, and to enable people to carry out appropriate first aid in an emergency situation.

Attendance on this course is open to holders of a valid First Aid at Work Certificate issued under the Health and Safety (First Aid) Regulations 1981. The current certificate should be in date before the refresher course starts.

Course Content

Day 1 -Morning Session	Day 2 -Morning Session
<ul style="list-style-type: none"> • Welcome & Introduction • Knowledge Assessments • CPR • CPR Skill Station • AED Awareness • Heart Attack & Angina • Shock • Epilepsy 	<ul style="list-style-type: none"> • Practical Workshop (CPR/Recovery/Dressings) • Asphyxia - Choking Asthma Anaphylaxis Poisoning • Fractures, Strains & Sprains • Eye & Head Injuries • Knowledge Assessment
Day 1 - Afternoon Session	Written, Practical & Oral Assessments
<ul style="list-style-type: none"> • Diabetes • Stroke • Secondary Survey • Recovery Position • Wounds & Bleeding (<i>inc. Catastrophic Bleeding & the use of Tourniquets & Haemostatic Dressings</i>) • Burns & Scalds 	<p>12pm onwards:-</p> <ul style="list-style-type: none"> • Written Exam Paper (<i>75% Pass Mark required to continue to next assessments</i>) • Lunch Break • Practical & Oral Assessments

Learning Outcomes

On completion of training, successful candidates should be able to:

- provide emergency first aid at work
- administer first aid to a casualty with:
 - injuries to bones, muscles and joints, including suspected spinal injuries
 - chest injuries
 - burns and scalds
 - eye injuries
 - sudden poisoning
 - anaphylactic shock
- recognise the presence of major illness and provide appropriate first aid
- understand the role of the 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 first aid to a casualty who is unconscious (including seizure)
- administer cardiopulmonary resuscitation
- administer first aid to a casualty who is choking
- administer first aid to a casualty who is wounded and bleeding
- administer first aid to a casualty who is suffering from shock
- provide appropriate first aid for minor injuries

Certification

On successful completion of the course and exam a certificate will be issued valid for 3 years.

Cost

The cost of training is £170.00 + vat.