



# NORTHERN COUNTIES SAFETY GROUP LIMITED

Safety Training & Services to the Construction Industry

## FACT SHEETS

### **First Aid at Work Refresher – 2 Days**

#### **Introduction**

Our new-style course in association with one of the largest first aid training providers in the UK refreshes and updates the First Aid skills of those who need to renew their First Aid at Work (statutory) certificate and whose existing certificate is still valid.

#### **For Whom the Course is intended:**

People wishing to renew a valid First Aid at Work certificate

Please note that First Aiders whose certificates have expired must attend the full four-day First Aid at Work course.

#### **What will they learn?**

The course aims to update and refresh student's knowledge in as many of the areas of the full First Aid at Work syllabus as possible, while allowing time for revision and practice sessions in the preparation for a final assessment.

#### **Course Content**

This course includes an update of First Aid and specifically a revision of first aid skills and knowledge requirements in the workplace and will broadly cover essential learning:

- Dealing with accidents and illness
- Using First Aid kit contents
- Record keeping
- Resuscitation
- Treatment of an unconscious casualty
- Choking
- Treatment of heart attack
- Control of bleeding
- Burns and scalds
- Poisoning
- Fractures
- Shock

**Trainee Numbers** - Maximum 12 delegates per course

#### **Assessment**

By continuous assessment by the trainer and by a practical skills test. Successful candidates will receive an HSE-approved certificate valid for three years.

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