

ANNUAL REFRESHER

Annual Refresher Course for First Aiders and Emergency First Aiders

Although it is not mandatory, the HSE strongly recommend that HSE qualified First Aiders and Emergency First Aiders undertake an annual refresher course in order to keep their skills up-to-date and refreshed.

The qualification period for both groups of First Aiders is 3-years. It was felt that this period was too long without any additional training.

Duration

A minimum of 3 hours, consisting of theoretical and practical activities.

Syllabus

A range of subjects is covered including:-

- Responsibilities
- Primary Assessment
- Recovery Position
- Resuscitation
- Wounds and bleeding
- Hygiene
- Communication skills
- Top-to-toe survey
- Action for vomit
- Chain of Survival
- Bandaging

Certification

A certificate of attendance will be issued.

Numbers

It is recommended that no more than 16 students attend this course.

Age limit

Students from the age of 14 can attend this course.



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THE LARGEST PROFESSIONAL NETWORK OF FIRST AID AND COMPLIANCE INSTRUCTORS