



## TRAINING COURSES

### 3 Hour Annual First Aid Refresher

The 3 Hour Annual First Aid Refresher will recap everything that you need to know about first aid in the workplace.

All Employers are legally required to ensure their first aiders are competent and maintain their skills throughout the three years in which their first aid certificates are valid.

This three-hour refresher course will provide first aiders an opportunity to update their skills as a qualified first aider.

The HSE strongly recommends that first aiders attend a refresher session once every year during this three year period.



### Programme Outline

We have developed this 3 hour refresher session for first aiders in all environments. The 3 hour session will be delivered by one of our experienced trainers. You will deal with the most effective treatments for injuries, focusing on the skills that you learnt in the original training course. With the group, you will also discuss the responsibility that you have as the first aider and the relevant laws that you will need to follow. Practical demonstrations and exercises will be included in the training session so that you're prepared for all of the different medical situations that you could face.

### Aims

To refresh the student's knowledge and understanding of first aid so that they are able to deliver effective medical treatment.

### Objectives

After successfully completing the course, students will be able to:

- Explain your role as first aider and the responsibilities that you have
- Use medical equipment safely
- Report an incident in line with your school's rules regulations as well as legal requirements
- Demonstrate the correct way to administer first aid for a range of situations, including choking, bleeds, shock, seizures, abdominal pains and unconsciousness. You will also be able to treat a child suffering from burns or scolds, injured their bones, banged their head or suffered an anaphylactic shock
- Recognise and respond to a person having an asthma attack, has been crushed, poisoned or is suffering from smoke inhalation
- Explain the importance of basic hygiene in first aid procedures
- Give Cardiopulmonary Resuscitation (CPR)

### Who is the programme for?

This course is intended for anyone holding a current Emergency First Aid at Work of First Aid at Work certificate.

### BOOK YOUR PLACE TODAY

Visit [www.centaurtraining.co.uk](http://www.centaurtraining.co.uk) to book your place on this course, call us on 01772 433080 or email [info@centaurtraining.co.uk](mailto:info@centaurtraining.co.uk) for more information.

