

First Aid at Work Re-qualification (RQF)

Who should attend?

Refresher First Aid at Work courses is for existing holders of First Aid at Work certificates who wish to renew their certificates prior to the expiry date.

Overview and Benefits

This course aims to update and refresh your knowledge of the first aid at work syllabus, while allowing time for revision and practice sessions.

Subjects covered:

- ❖ First aid priorities
- ❖ Managing incidents
- ❖ Basic life support
- ❖ Examination of a casualty
- ❖ Unconscious casualty
- ❖ Control of bleeding
- ❖ Heart attack and stroke
- ❖ How to use an AED
- ❖ Control of bleeding
- ❖ Treatment for shock
- ❖ Fractures, dislocations, strains and sprains
- ❖ Head and spinal injuries
- ❖ Burns and scalds
- ❖ Epilepsy, asthma diabetic emergencies.
- ❖ Recording and reporting (including Regulations)

Course objective

Candidates will be able to deal with an emergency situation with confidence and provide prompt, safe and effective treatment. Whilst updating their knowledge and skills from the previous course occasion.

Prerequisites

None. Candidates that have back problems should advise the trainer prior to the course commencing. Candidates are advised to dress appropriately for carrying out floor-based activities

Further information

Awarding body: Highfield Qualifications

Course duration: 2 days

Assessment method: The qualification is assessed via practical demonstration and oral questioning

Valid: 3 years

Accredited: RQF