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## **Course Outline**

### **HSE First Aid at Work Refresher**

Course length: 2 days

Qualification: HSE First Aid at Work Certificate

Syllabus:

- Legislation, accident book, RIDDOR & contents of 1<sup>st</sup> aid box
- Assessment of 1<sup>st</sup> aid scene & safety
- Primary assessment of casualty
- Secondary assessment of casualty for life threatening injuries
- Recovery position
- CPR including infant resuscitation
- Wounds & bleeding
- Unconsciousness
  - Fainting
  - Imbalance of heat
  - Head injuries
  - Stroke
  - Heart attack
  - Asphyxia
  - Poisoning
  - Epilepsy
  - Diabetes
- Burns & scalds
- Soft tissue injuries
- Fractures
- Bandaging
- Shock



Cost: £95 per person + VAT

4 day full course: £135 per person + VAT

Courses: Open – call for details  
In-house – by arrangement

