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## **Course Outline**

### **RQF First Aid at Work Refresher Certificate**

Course length: 2 days

Qualification: TQUK Level 3 Award in First Aid at Work (RQF)

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
- Burns & scalds
- Soft tissue injuries
- Fractures
- Bandaging
- Shock

Cost: £140 per person + VAT

3 day full course: £200 per person + VAT

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



*TQUK approved training centre*



*Highfield approved training centre*



*RSPH approved training centre*