



HSE FIRST AID AT WORK (REFRESHER)

Target Audience:

This course is for staff that have volunteered to a nominated First Aider within the work place and currently hold a first aid at work certificate. This course will suit any member of staff within the work place.

The Objectives / Learning

Outcome For This Course Will Be:

- HSE Approved Programme
- First Aid At Work Syllabus

A First Aider will have:

- Good reliability, disposition and communication skills
- An aptitude and ability to absorb new skills and knowledge
- An ability to cope with stressful and physically demanding emergency procedures
- Normal duties in the workplace that can be left, to respond immediately and rapidly to an emergency.

- Understand the role of the first aider including reference to:
- the importance of preventing cross infection;
- the need for recording incidents and actions;
- use of available equipment
- assess the situation and circumstances in order to act safely, promptly and effectively in an emergency;
- administer first aid to a casualty who is unconscious (including seizure);
- administer cardiopulmonary resuscitation;
- administer first aid to a casualty who is choking;
- administer first aid to a casualty who is wounded and bleeding;
- administer first aid to a casualty who is suffering from shock;
- provide appropriate first aid for minor injuries (including small cuts, grazes and bruises, minor burns and scalds, small splinters).



Approval Number:
57/97

Important:

All students must produce a copy of their Current First Aid at Work Certificate on Arrival. This must be valid or be no more than 28 days out of date. After 28 days have elapsed, the full first aid at work training course will need to be completed.

Manual Handling:

You will be expected to take full part in all the practical during the course and assessment; not to take part in the practical may hinder your ability to be assessed.

Course Details:

There is a maximum of 12 places available.
Course Times: 09.30 – 16.30.
Validation of Certification: 3 years.
Course Duration: 2 full days.

Course Content:

On completion of training, successful candidates should be able to -

- provide emergency first aid at work
- administer first aid to a casualty with:
- injuries to bones, muscles and joints, including suspected spinal injuries;
- chest injuries;
- burns and scalds;
- eye injuries;
- sudden poisoning;
- anaphylactic shock;
- recognise the presence of major illness and provide appropriate first aid (including heart attack, stroke, epilepsy, asthma, diabetes).

Assessment:

To ensure a student can demonstrate competency, the assessment will be practical with oral questioning and a short multi choice paper.

Course Materials:

All students will receive a course book, and certificates will be forwarded upon successful completion of the course.

Dress Code:

There will be practical on the course so appropriate clothing will be needed. (i.e. you will be on the floor taking part in role play situations).