



Duration: 2 Days
Course Code: SSH04

Course Description:

The course provides an update to the delegates' previous learning and the student will thus be expected to demonstrate a considerable degree of previous knowledge and be prepared to make a basic contribution throughout the course.

Who Should Attend The Two Day First Aid Training?

- The Two-Day Refresher course is designed for students who currently hold a First Aid Certificate which is due to expire. The HSE Guidelines state that 3-Day First Aid at Work Certificate MUST be renewed every 3 years.

Benefits From Attending The Training:

- Be able to act safely, promptly and effectively during emergencies at work
- Feel confident in administering First Aid in an emergency situation
- Use First Aid equipment
- Understand employer duties and legislation
- Maintain first aid records

Course Contents:

- Role and responsibility of a first aider
- Action in an emergency
- Treating an unconscious casualty
- Injuries to bones and muscles
- Burns and scalds
- Poisoning
- Recognising both major and minor injuries
- Managing the stabilising of casualties
- Action to take in an emergency
- Dealing and treating an unconscious casualty or a casualty is bleeding or wounded
- Practicing Cardio Pulmonary Resuscitation (CPR)
- Prioritising casualties in a situation
- Deal with injuries to bones and muscles
- Dealing with a variety of burns and scalds
- Control external bleeding
- Anticipating and dealing with shock in differing situations
- Considering the ways poisons can taken into the body and how to deal with them
- Dealing with choking
- Recognising both minor and major illnesses
- Practice using an Automated External Defibrillation (AED)
- Stabilising and managing the transport of casualties

***BESPOKE COURSE | Course Duration, Level & Duration: Depends On Content & Individuals**