

First Aid at Work—Annual Refresher

Course Duration : 3 hours

Who should attend:

- The Health and Safety Executive (HSE) strongly recommend that all first-aiders complete an annual refresher course to keep their skills fresh and up to date.

The Course content:

- Initial Assessment
- Recovery Position
- Adult one rescuer CPR
- Adult CPR handover
- Compression only CPR
- Drowning
- Adult Choking Conscious
- Serious Bleeding
- Shock and Spinal Injury
- Breaks/Dislocations/Fractures
- Wounds & Dressing's
- Burns/Scalds
- Head Injuries
- Eye Injuries
- Strains/Sprains
- Internal Bleeding
- Bites/Stings
- Crush Injuries
- Chest Injuries & Electrical Injuries
- Anaphylactic Shock
- Seizures/Epilepsy
- Heart Attack
- Angina
- Stroke
- Fainting
- Asthma
- Hyperventilation

Course recognition:

This course meets the recommendations of ILCOR, ERC and the UK Resuscitation Council Guidelines 2010 and is fully HSE Approved under ITG approval number 38/10 and meets the requirements in the First Aid at Work regulations 1981 (revised October 2009)

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IOSH Accredited Course

For more information visit www.enrightaccess.co.uk