

COURSE INFORMATION SHEET

TITLE: First Aid Annual Refresher

OVERVIEW: This course will give you a perfect update & refresher to remind you of everything that you learnt on your face to face course & make sure that you remain confident & willing to act in an emergency situation, should you be needed to do so.

CPD: Approved by IIRSM

PRICE: £35.00

CERTIFICATE: Downloadable

COURSE AIM: Once you have attended your face to face First Aid course the HSE (Health & Safety Executive) strongly recommend that all qualified First Aiders do an 'Annual Refresher' to keep their knowledge & skills right up to date.

Your face to face course will be valid for 3 years – that's a long time to remember everything that you learnt – especially if you are not using those skills every day – which hopefully you aren't!!

The course may contain more topics than you originally covered at your face to face training as it also covers the content for the 3 day 'First Aid at Work' course.

COURSE CONTENT:

- What is First Aid
- Barriers, ABCD's & Recovery Position
- CPR & Defib
- Choking
- Bleeding
- Shock
- Spinal Injuries
- Breaks
- Head Injuries
- Sprains
- Incident Management
- Burns & Scalds
- Electric Shock
- Eye Injuries
- Epilepsy, Anaphylaxis & Diabetes
- Heart Attack & Stroke

ASSESSMENT & CERTIFICATION: Learners are assessed through self-checks as they progress through the course and an end of course multiple choice assessment. On successful completion, learners can download a CPD accredited certificate as evidence for their portfolio of CPD training.

ACCESS: This online course can be completed on any PC or mobile device. Learners can study at their own pace and log in and out as often as they wish

FEATURES: The course includes varied learning styles including interactive quizzes, video and audio features. Allows learners to work at their own pace, testing their knowledge as they progress through the course.