



# *S. J. W. First Aid Training Services*

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## FIRST AID AT WORK REFRESHER COURSE

( Min 12 hours, eg 2 day condensed course)

### **3 YEAR CERTIFICATE OBTAINED ON COMPLETION**

(Approved by the Health and Safety Executive – H.S.E )

<b><u>DAY ONE :-</u></b> am	Aims and Principles of First Aid Assessment of Incidents / Casualties Managing the Unconsciousness Casualty Recovery Position ( Practise ) Disorders of Respiration ( Asphyxia causing Hypoxia ) Resuscitation ( Theory and Practise )
pm	Circulatory Disorders ( Shock, Fainting, Heart Attack and Anaphylactic Shock ) First Aid Boxes Hygiene Precautions HSE Regulations ( Including Record Keeping ) External Bleeding and Wounds Dressings and Bandages ( Practise ) Internal Bleeding Crush Injuries
<b><u>DAY TWO :-</u></b> am	Disorders of Consciousness ( Epilepsy, Diabetes, Head Injuries, Stroke ) Poisoning Burns and Scalds Minor Illnesses Handling and Transporting Joint and Muscle Injuries Fractures ( Theory and Practise )
pm	Course Work Revision ( Theory and Practise )
	<b>Final Assessments</b> – Theory Practical