



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)

<u>DAY ONE :-</u> 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
<u>DAY TWO :-</u> 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)
	Final Assessments – Theory Practical