

# First Aid at Work Requalification

Two day course

★ Health & Safety Executive compliant



Once first aiders have completed an initial Three Day First Aid at Work course, they'll always have a good base knowledge of first aid. When their certificate is close to expiring, this two day course is a fast track through everything we covered the first time around. It's still packed with plenty of practical, so we can renew confidence across a range of scenarios, injuries, illnesses and conditions.



## Loved by

First Aiders whose First Aid at Work certificate is about to expire, and still have a good understanding of first aid - but need to fine-tune their knowledge and re-boost their confidence!

We won't waste time - and do go at a bit of a pace, but we promise we'll have your skills back up to scratch in a jiffy!

Even if we didn't provide the initial training, we can still requalify you on this course as long as your certificate is valid.



## We'll cover...

- + Emergency Actions
- + Child, Baby & Adult Basic Life Support (CPR)
- + Child, Baby & Adult Choking
- + How to use a defib (AED)
- + Head, Neck & Back Injuries
- + Asthma, Panic Attacks, Drowning & Fumes
- + Unconsciousness & Recovery Position
- + Heart Attacks, Shock, Electrical Shock & Anaphylaxis
- + Bleeding, Wounds & Burns
- + Injuries to the Bones, Muscles & Joints
- + Concussion, Seizures/Fitting & Diabetes
- + First Aider Responsibilities



## Great to know

- + This course is also HSE compliant.
- + Each delegate will get a certificate valid for 3 years.
- + Each delegate will also get a free workbook, and a copy of our user-friendly manual **The Good First Aid Guide** to keep.
- + This course is a fun and interactive workshop, with lots of time for practice and questions. There are no formal tests, we'll assess the course in a relaxed and non-threatening way!



Approved  
Instructor  
Network

SkillBase First Aid™ are a network of independent & workplace First Aid Instructors across the UK and Europe