

First Aid at Work Re-qualification (FAIB Approved)



This course refreshes and updates the first aid skills of those who need to renew their First Aid at Work (statutory) certificate and whose existing certificate is still valid. If your First Aid at Work certificate has expired you have 28 days from the date of expiry to renew your certificate.



12 contact learning hours
(usually over 2 days)

Who should attend?

An existing workplace first aider who wishes to renew a valid First Aid at Work certificate

What will they learn?

The course aims to update and refresh the student's knowledge in all areas of the full First Aid at Work syllabus renewing confidence to deal with any First Aid emergency in the workplace.

Course content

The course includes an update of First Aid knowledge and skills, and a revision of requirements in the workplace to include

- Dealing with accidents and illness at work
- Role of the first-aider
- Acting safely, promptly and effectively in an emergency
- Use of first aid kit contents and record keeping
- How to prevent cross infection
- Record keeping
- Adult cardiopulmonary resuscitation CPR
- Treatment of an unconscious casualty (including seizure)
- Treatment for a choking adult
- Wounds and bleeding
- Shock
- Treatment for minor injuries
- Heart attack, stroke, epilepsy, diabetes & asthma
- Chest injuries
- Eye injuries
- Burns and scalds
- Poisoning
- Anaphylaxis
- Dealing with injuries to bones, muscles and joints
- Dealing with suspected spinal injuries

Assessment

Continuous assessment by course trainer + multiple choice question paper

Certificate

A First Rescue certificate valid for three years, is issued on successful completion of assessment. Approved by the First Aid Industry Body (FAIB)