

HSE Annual Refresher Training



The HSE strongly recommends that all first aiders should receive annual refresher training during the three year period as a qualified first aider. Employers are legally required to ensure that their first aiders are competent and maintain their skills during the 3 year certificate validity period.



Who should attend?

This course is for people holding a current First aid at work or Emergency first aid at work certificate. All employers in the UK have a legal obligation to make First Aid provision for their employees under the First Aid Regulations 1981.

What will they learn?

This 3 hour course is delivered to the HSE's syllabus, which provides your first aider's with the opportunity to practice and update their practical skills, refresh knowledge and ensures that they are kept up to date with the latest first aid guidelines.

Course content

- Acting safely, promptly and effectively in an emergency
- Cardio Pulmonary Resuscitation (CPR)
- Treatment of an unconscious casualty (including seizure)
- Wounds and bleeding
- Shock

Assessment

Continuous assessment by course trainer

Certificate

This course does not renew existing first aid certificates or extend the validity period.