

## Refresher First Aid Course (½ day)

This half day course provides the annual emergency lifesaving skills update that is strongly recommended by the UK's Health & Safety Executive. It is relevant to any adult First Aid Qualification and is the best way of ensuring that skills and techniques learned on your course stay fresh in your mind for when you need them.

This is an excellent course to organise in your workplace as it is relevant to all First Aiders with a valid certificate, regardless of when they completed their current qualification.

It is important to note however, that this is not a replacement for a full First Aid Course, which must be completed every three years to maintain validity.

### **Course Content:**

- Emergency incident procedure
- Dealing with an unconscious casualty
- CPR
- Major bleeding injuries and shock

### **What to expect and what to bring:**

All Fieldskills courses involve some practical elements. In the case of first aid this may be just some bending and lifting inside the classroom, in other courses this may involve working outside in rough or even remote terrain. Clients are reminded of the importance of operating within their abilities and informing Fieldskills of any medical or other issues which may affect their active participation.

This course is a combination of teaching and hands on practical sessions. Any clients who are unable to take part in activities such as kneeling, being rolled over as a simulated casualty or simulated CPR on manikins should let us know.

For the purpose of certification please bring a form of identification, for example, an I.C. card.

### **Contact us:**

If you would like any further information, please contact us on 088 484 734 or email us at [info@fieldskills.com](mailto:info@fieldskills.com)