



Corinium
Training

First Aid at Work Requalification

Duration: 2 days

A First Aid at Work certificate is valid for 3 years. To remain as a nominated First Aider at Work, staff need to complete their requalification before their existing certificate runs out. Our comprehensive Ofqual regulated First Aid at Work Requalification course complies fully with the requirements of the Health & Safety Executive.

The topics covered on the 2-day First Aid at Work Requalification are: -

- Legislation and responsibilities
- Infection control
- First Aid box
- Primary survey
- Unresponsive, breathing patients
- Unresponsive, non-breathing patients (CPR)
- Defibrillation (AED)
- Choking
- Seizures
- Wounds and Bleeding
- Shock
- Burns
- Secondary survey
- Fractures and dislocation
- Soft tissue injuries (sprains and strains)
- Spinal injuries
- Head injuries
- Eye injuries
- Chest pains – Angina and Heart attacks
- Stroke
- Electrocutation
- Poisoning
- Severe allergic reactions
- Effects of heat and cold – Heat exhaustion, Heat stroke and hypothermia

If there are specific hazards associated with your workplace that are not covered by the above, we will tailor the course to suit – we believe first aid training should be far more than just gaining a certificate; it should prepare you for when something unfortunate occurs.

Our courses are very “hands-on” as we believe actually practicing the techniques is a far more effective way of learning. Practical demonstrations and exercises supported by on-screen presentations and lots of verbal interaction is our way of training.