



# First Aid Update

## Course Profile

This short course is a great way to follow the advice in the Regulations by keeping first aiders updated on latest techniques and refreshed in current skills

### Duration

3 hours

### Who is this course suitable for?

This course is “highly recommended” by the HSE for all first aid trained people. Research has clearly shown that first aid skills fade rapidly after training, so if an emergency happens first aiders may struggle to cope. This course will minimise that risk and increase the confidence with which they offer first aid assistance.

### Certification

This course leads to the award of a First Aider Update certificate on successful completion and is highly recommended in the First Aid Regulations.

There is no test at the end because your Trainer will use continuous assessment and coaching techniques throughout the course.

### What does the course cover?

- ❖ Role of a First Aider at work
- ❖ Assessment & control of situations
- ❖ Care of unconscious casualties
- ❖ Resuscitation (CPR)
- ❖ Minor & major bleeding (inc. shock)
- ❖ Choking
- ❖ Management of minor injuries
- ❖ Recognise worsening of medical

### Why choose us?

- ❖ We ensure our courses are as fun, practical and student-led as possible
- ❖ Our Trainers include nurses & paramedics with excellent teaching credentials
- ❖ We have been nominated for a National Training Award for “Training Excellence”
- ❖ We exceed the training standards recommended by the HSE