



First Aid at Work Requalification

It is strongly recommended that all First Aiders receive annual refresher training to maintain their life saving skills and to keep up to date with current best practice.

Course Overview

This course is suitable for those who have already undertaken Emergency First Aid or First Aid at Work training when the current training certificate is still valid.

Course Syllabus

The course builds on the delegates existing knowledge to fine tune and refresh the skills already gained.

- Legislation and record keeping
- First aid equipment
- Liaising with emergency services
- Managing and prioritising emergency situations
- Scalds and burns
- Stroke and heart conditions
- Unconscious casualties
- Cardiopulmonary resuscitation
- Chocking procedures
- Bleeding, wounds and hypovolaemic shock
- Head injuries
- Diabetes, seizures and epilepsy
- Asthma
- Poisoning, smoke & gas inhalation
- Fractures

v.2 May 2017

Course type options:



Tailored



Open

frequently asked questions...

The Course

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|-----------------------------------|--|
| Course Delivery | This course is available either as a tailored or open Course |
| Accreditation | QCF or AoFA |
| Course Length | 1 Day |
| Start / Finish Times | Typically 08.30 – 16.30 or to suit |
| Maximum Group Size | 12 |
| Tailored to Specific Requirements | Yes. Please provide specific information at booking stage |
| Course Material | Handouts are provided on the day |

Certification

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|--------------------------------|---|
| Is there an Assessment? | Practical assessment and multiple choice paper |
| Are certificates issued? | Yes |
| Valid for? | Strongly recommended every 12 months |
| When / how are they available? | Available for download from the NUK website upon completion |

The Delegates

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|---------------------------------|--|
| Prior Knowledge / Prerequisites | Delegates will have taken the First Aid at Work or Emergency First Aid at Work within the last 3 years |
| Needs to bring along | Everything is provided on the day |

The Venue

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|---------------------------|--|
| Course Location | At a venue of your choice or a Now u Know Training Centre |
| Venue Requirements | Please inform us of any mobility concerns |
| Non-NUK Venues | Must have adequate space, seating, lighting, welfare and a 240v socket |
| Refreshment at NUK Venues | Available on request |

v.2 May 2017