

# Course Details

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## FA11 HSE Approved 2 Day First Aid at Work Re-qualification Course

A Health & Safety Executive approved two-day course that meets the current Health & Safety (First Aid) Regulations 1981. The course is delivered in accordance with the Approved Code of Practice L74 for re-qualifying First Aid personnel in the workplace.

### Selection of suitable candidates

Candidates must hold a current First Aid at Work certificate on the first day of the course. The course instructor will need a copy of the certificate at the beginning of the course to validate all participating students. The previous certificate can be one issued by any HSE approved and licensed First Aid at Work provider.

### Content

The skills of patient care that are essential to provide life support for an ill or injured person, are covered in two days, where practical application and hands on practice are emphasised.

Candidates will receive re-training in a wide range of first aid skills including:

- The ability to act safely and effectively when an accident or emergency occurs
- The treatment and priorities of care for an unconscious patient
- The recognition of cardiac arrest and delivery of cardio-pulmonary resuscitation (CPR)
- The ability to safely and promptly treat a patient who is bleeding
- The ability to recognize and treat a patient in shock
- The keeping of simple records following an accident at work
- Students will also learn to provide care for patients who have:
  - suffered a burn or scald
  - injured bones, muscles or joints
  - been poisoned by ingestion or inhalation of a substance or gas
  - suffered an injury to the eye
  - signs & symptoms of a major illness e.g. heart attack

Candidates will be required to undertake a summative re-qualification assessment on the second day of the course.

The course follows a syllabus laid down by the HSE and utilises the following training methods:

- Video/CD segments to convey essential information
- Hands on practice in groups of three
- Positive coaching from approved Instructors with a maximum group size of 12 students
- Up-to-date medical information presented in a stress-free learning environment
- Opportunity for self appraisal and completion of a class evaluation

### Assessment

Students are assessed by and an external examiner(s). The assessment will take the form of a short multi-choice written paper and then a practical assessment based on the major elements of the course.

**Certification**

Candidates who successfully complete the course will be awarded a First Aid at Work certificate . The qualification is HSE approved and is valid for three years. (The start of the validity of the issued certificate can be deferred to the end of any current certificate, provided re-certification is taken within the last three months of the existing certificate)

**Course Duration**

2 Days (12 hours)

January 2010

