



## Annual refresher

**Who is it for:** Annual Refresher Course for First Aiders and Emergency First Aiders

**Info:** Although it is not mandatory, the HSE strongly recommend that HSE qualified First Aiders and Emergency First Aiders undertake an annual refresher course in order to keep their skills up-to-date and refreshed.

The qualification period for both groups of First Aiders is 3-years. It was felt that this period was too long without any additional training.

**Duration:**

A minimum of 3 hours, consisting of theoretical and practical activities.

**Syllabus:**

A range of subjects is covered including:-

- Responsibilities • Communication skills • Primary Assessment • Top-to-toe survey
- Recovery Position • Action for vomit • Resuscitation • Chain of Survival
- Wounds and bleeding • Bandaging • Hygiene

**Certification:**

A certificate of attendance will be issued.

**Numbers:**

It is recommended that no more than 16 students attend this course.

**Age limit:**

Students from the age of 14 can attend this course.

15.09.2014