
First Aid at Work Refresher Training

For more information, visit our [First Aid at Work Refresher Training](#) webpage.

COURSE CONTENTS

This training course is broken down into 4 sections

- 1 The Primary Survey
- 2 The Secondary Survey
- 3 First Aid Treatment
- 4 First Aid Procedures for FULL First Aiders

LEARNING OUTCOMES

- ✔ Refresh your knowledge about what is included in the primary survey
- ✔ Refresh your knowledge about what is included in the secondary survey
- ✔ Refresh your knowledge on first aid treatment and first aid procedures

ABOUT THIS COURSE

It's estimated that around 555,000 workplace injuries happen every single year in UK workplaces.

It's therefore essential that workplaces have the correct people in place to deal with potentially life-threatening situations and that other staff have a good understanding of how to react in an emergency.

This IIRSM Approved First Aid at Work Training is the perfect course for workplaces of all sizes, regardless of their industry. Using high-quality video examples, your staff will gain a solid understanding of:

- the need for a first aider to be able to record incidents, prevent cross-infection, understand their role and assess situations quickly to act safely and effectively
- how to administer first aid to those who are; unconscious, choking, burned, wounded and bleeding or someone suffering from shock
- how to administer first aid for minor injuries (cuts, grazes, bruises, minor burns, etc.)
- how to administer CPR and how to use an AED
- as well as how to administer first aid to a casualty with: injuries to bones, muscles, chest injuries, eye injuries, poisoning, anaphylaxis
- be able to recognise signs of a heart attack, stroke, epileptic seizures, asthma attacks or diabetes and provide first aid

Please note that this online training course does not give you full competency in First Aid. It provides general awareness but should not be used as a replacement for practical training. Always seek medical advice in case of an emergency.

Our other online first aid courses include [First Aid Requirements & RIDDOR](#) and [First Aid Appointed Person Training](#).