

# HSE 2 day Re-qualifying First Aid at Work course

This course is designed for people who are currently approaching the run out date of their 3 Day First Aid at Work qualification. You can attend this course if your current qualification is still valid but not if your qualification has passed its run out date.

## Entry requirements

You must have your original First Aid at Work certificate on day one of the course. If you cannot provide this and have not done your original training with us you will not be eligible to continue the training.

## Course structure

The course covers and expands on the following areas:

- Legal Framework
- Management of an Incident
- Breathing mechanism and Hypoxia
- Unconsciousness and Recovery
- Choking procedures
- Cardio Pulmonary Resuscitation
- Cardiac Arrest
- Circulatory System
- Heart Attack and Angina
- Fractures
- Soft tissue injuries and dislocations
- Wounds and bleeding
- Head Injuries
- Stroke
- Epilepsy
- Diabetes
- Poisoning
- Burns and Scalds
- Fainting
- Anaphylaxis
- Asthma

## **Assessment method**

The course is continually assessed over the 2 days. There is a formal practical assessment on the last day of the course covering Adult Basic Life Support (BLS) Treatment of an Unconscious casualty, Treatment of wounds and bleeding. There is also a short question paper on the last day of the course comprising 20 multiple choice questions.

## **Pass marks**

To pass the practical element of the course candidates must show an understanding of the techniques being assessed and meet pre defined key areas in each process. The multiple choice paper carries a pass mark of 75% (15 out of 20)

## **Course duration**

2 Days (the qualification lasts for 3 Years) The HSE recommend annual refresher training.

## **How much does the course cost?**

The course costs £140 per person Incl VAT