



Annual Refresher Course 3-hour Course

Course Information:

Annual refresher course training for First Aiders and Emergency First Aiders.

Although this is not a mandatory course, 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.

The qualification period is as standard of 3 years for First Aiders in both groups; however, it was felt that this period was too long without additional training.

Duration:

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

Certification:

A certificate of attendance will be issued.

Course content provided via Nuco Training as an Approved Instructor.

Content covered on the course:

- Responsibilities
- Primary assessment
- Recovery position
- Resuscitation
- Wounds and bleeding
- Hygiene
- Communication skills
- Top-to-toe survey
- Action for vomit
- Chain of survival
- Bandaging

