

2 Day First Aid at Work Refresher Course (HSE Approved)



1. Introduction
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INTRODUCTION

The 2 Day First Aid at Work Refresher Course is the qualification required if a person already holds a First Aid at Work Certificate and is looking to renew it within the time frame of the certificate. Recently the HSE have allowed a 28 day extension to the certificate expiry date.

Previously once the certificate had expired, if a person wanted to continue as a First Aider they had to go and do the qualifying course again. Now to offer some assistance to employers and for those who have bad memories when it comes to expiry dates, there is an allowance of an additional 28 days to enable candidates to attend a Refresher Course. The new certificate will still take on the old expiry date, so you don't gain an extra 28 days on the length of the original certificate.

This qualification is approved by the Health & Safety Executive (HSE) under the Health & Safety (First Aid) Regulations 1981.

The qualification can only be offered by approved HSE training organisations. The approval number can be requested from training organisations by potential customers to validate their approval rating.

The 2 Day course normally runs over 2 consecutive days of 6hrs duration (total = 12hrs). However the course is flexible and can be run over any time duration to suit an employer's specific requirements e.g. related to shift patterns etc.

Two aspects of flexibility need to be taken into consideration:

1. Once the course starts, irrespective of the format the course must be completed within a maximum period of 13 weeks.
2. The smallest taught part of the course cannot be less than 2hrs duration.

THE SYLLABUS

The Course syllabus is laid down in the Approved Code of Practice of the Health & Safety (First Aid) Regulations 1981.

The syllabus, currently must be taught within the remit of the ACOP, although this may change in the future.

For the Refresher Course it is expected that candidates start revising from their current Portfolios prior to attending the course. This is a Refresher course and therefore prior knowledge is expected to be evident.

P.F.E. have divided the course syllabus into 12 major sections that cover all aspects of the HSE's syllabus - while the whole syllabus cannot be covered in detail over a 2 day period the areas highlighted in **GREEN** are essential for the assessments:

1. Introduction to First Aid at Work
2. Basic Anatomy
- 3. The Respiratory System and Resuscitation**
- 4. Dressings / Bandages and good hygiene**
- 5. The Circulatory System**
6. First Aider & Legislation
- 7. The Nervous System**
- 8. Fractures**
- 9. Burns & Scalds**
- 10. The Eye**
- 11. Poisons**
12. Transportation of Casualties.