

First Aid at Work - Two Day Refresher Course

Course Description

Lantra Awards training course designed for anyone with a valid and current First Aid at Work Certificate. First Aid at Work Certificates are valid for three years and re-testing must be done before the old certificate runs out. If a Certificate has run out it will be necessary for the person to carry out a full First Aid at Work course

Content

At the end of the course participants will be able to:

- Assess situations and carry out appropriate action including informing emergency services
- Carry out artificial ventilations and chest compressions
- Place a casualty in the recovery position and know when to use this position
- Know when and how to use the spinal recovery position
- Clear obstructed airways
- Control severe bleeding
- Recognise and treat shock
- Deal with chemical contamination
- Understand the requirements for a first aid kit and how to report accidents in the workplace
- Recognise and treat head injuries
- Recognise and treat major illnesses
- Deal with burns and scalds
- Deal with poisons
- Treat fractures
- Be aware of changes in first aid techniques since their last course
- All the above in a safe and approved manner, with no risk to self or third party

The Forestry Commission +F technical award and/or the use of AED (automated external defibrillators) can be added in to the training at an extra cost.

Venue

Park Hill Training & Assessment Centre, LE12 7NG. There are a variety of hotels and farmhouse B & B's all within easy reach of our centre, please contact us if you require further details.

Duration

Two Days — Classroom based
9.00am—4.00pm approx.

Equipment Required

Please bring suitable shoes and clothing for the practical exercises.

Pre-requisites

An in date First Aid at Work Certificate

Assessment Options

Lantra— On the 2nd day there is an independent exam.

Further information

Lantra Awards— www.lantra-awards.co.uk,