

First Aid at Work Refresher

This course is designed for anyone who has completed the full First Aid at Work course and whose certificate has not lapsed, we run this with a forestry add on for those in the arboricultural sector.

Two Day Training
09.00 – 16.30 approx.

The course covers...

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

Venue

At your place of work or 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.

Map and Accommodation list can be found on our website's [Contact Us](#) page

Equipment

For Park Hill Training courses minimal requirement are suitable clothing/footwear.

Course requirements are listed on the next page for courses taken on your site.

Pre- Requisites

None



Park Hill Training & Assessment Centre

Park Farm, Park Hill Lane, Seagrave, Loughborough, LE12 7NG

T: 01509 815534

F: 0345 5578 498

www.parkhilltraining.co.uk

info@parkhilltraining.co.uk

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Venue Requirements (if course is at your site)

Room/ Area Required

- For theory sessions: A dry, clean and warm room with power supply and tables and chairs for all trainees with an area of clear wall to project onto or freestanding projector screen.
- Flipchart or whiteboard and marker pens.
- A large enough inside area so CPR and practical role play can be carried out.
- Washroom and toilet facilities.
- First Aid Equipment.
- Fire Extinguisher.

Equipment Required

- PPE for all trainees to include:
 - Suitable clothing, including footwear.

Other Requirements

- Upon arrival on site the instructor may postpone the training if the equipment or site are unsuitable. Payment will still be due and there will be an extra cost for the rescheduled day.
- All trainees must be fit enough for the training.
- We require one passport sized photograph of the trainee to be supplied electronically before the training otherwise extra costs will be incurred to provide an ID card later.



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