



## FIRST AID | AT WORK - 2 DAY

**Course Code: FAW02 | Duration: 2 Day (Minimum of 12 hours required)**

### Course Description:

This two-day refresher course is designed to update delegates on their previous first aid training, reinforcing their knowledge and skills. Participants are expected to build on their existing experience, enhancing their confidence and competence in managing workplace first aid situations. Through practical exercises and discussions, attendees will refresh essential first aid techniques while gaining the latest insights into maintaining a safe and compliant workplace environment.



### Who Should Attend First Aid At Work Two Day Refresher Training?

- Team Leaders and Supervisors
- Teachers and Educators
- Construction Workers
- Sports Coaches and Fitness Instructors

### Certification:

For completing this course, candidates will receive a certificate to become an Emergency First Aider.

### Course Contents:

- **First Aid:** Elements of First Aid Paediatric will be included
- **Role and Responsibility:** Refresh knowledge on the role and responsibilities of a first aider
- **Emergency Action:** Handle emergencies effectively with prompt and safe care
- **Casualties:** Provide care for unconscious casualties, including managing bleeding and wounds
- **Injuries to Bones and Muscles:** Manage musculoskeletal injuries with confidence
- **Burns and Scalds:** Treat burns and scalds safely and efficiently
- **Poisoning:** Respond to and manage cases of poisoning effectively
- **Injury Assessment:** Recognise and respond to both major and minor injuries
- **CPR Practice:** Master Cardio Pulmonary Resuscitation (CPR) techniques
- **Casualty Prioritisation:** Prioritise and manage casualties during emergencies
- **Shock Management:** Manage shock and stabilise casualties in critical situations
- **Choking Response:** Handle choking incidents calmly and effectively
- **Illness Recognition:** Identify and respond to minor and major illnesses
- **AED Use:** Practise using an Automated External Defibrillator (AED)

**\*BESPOKE COURSES | All of our courses can be easily tailored to suit any company.  
Course duration and level can be changed, depending on content, company & individuals\***