

First Aid at Work Requalification

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Course Overview

The **First Aid at Work Requalification** course is a two-day intensive programme for delegates who have previously completed the three-day First Aid at Work course. It refreshes essential first aid knowledge and practical skills, ensuring workplace first aiders remain confident, compliant, and prepared to respond effectively.

Delivered in partnership with St John Ambulance, this course condenses the full FAW syllabus into a shorter timeframe, making it ideal for experienced first aiders who need to renew their certification.

Who is the Course for?

This course is designed for individuals looking to renew a valid First Aid at Work certificate:

- ▶ Suitable for first aiders whose certificate is still in date.
- ▶ Delegates whose certificate has recently expired can attend, but if more than one month has passed since expiry, the HSE recommends the full three-day FAW course.
- ▶ This is an intensive course with limited practice time; delegates must be prepared to work at a faster pace than the original three-day programme.

Course Key Facts

Duration: 2 Days

Course Content: This comprehensive programme covers both theoretical knowledge and practical application, ensuring learners are fully prepared to respond in emergency situations.

Topics include:

- ▶ Adult resuscitation (CPR) and AED theory & pad placement
- ▶ Allergic reactions, asthma, burns, scalds, and chest pains
- ▶ Bone, muscle, and joint injuries; choking; eye injuries; fainting
- ▶ Head, spinal injuries, stroke, seizures, shock, and unresponsive adult
- ▶ Low blood sugar, poisoning, and emergency management
- ▶ First aider roles, casualty care, communication, and Health & Safety regulations
- ▶ Recap of core FAW topics and emergency response procedures

Assessment: Learners are evaluated through continuous observation by the trainer and written knowledge checks, ensuring they can confidently apply their skills in the workplace.

Certification: Upon successful completion, learners receive a St John Ambulance certificate, valid for three years, recognising their updated skills as a qualified First Aider at Work.

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Benefits for Employers

- ▶ Maintain compliance with Health and Safety (First Aid) Regulations.
- ▶ Ensure first aiders stay current with the latest techniques and best practices.
- ▶ Reduce workplace risk and improve response to incidents.
- ▶ Demonstrate commitment to employee wellbeing and safety.
- ▶ Maintain internal capability without relying on new recruits for first aid coverage.

Benefits for the Learner

- ▶ Efficiently refresh and update first aid knowledge in two days.
- ▶ Reinforce CPR, AED, and casualty management skills.
- ▶ Maintain confidence in responding to workplace emergencies.
- ▶ Gain a recognised St John Ambulance certificate, valid for three years.
- ▶ Stay prepared to act safely and effectively in critical situations.