

## course objectives

At the end of the course, delegates will be able to:

- Assess emergency situations and carry out appropriate action including informing emergency services.
- Carry out artificial ventilations and chest compressions.
- Place a casualty in to the recovery position and know when to use this position.
- Know when and how to use the spinal injury recovery position.
- Clear obstructed airways.
- Control severe bleeding.
- Recognise and treat shock.
- Understand the requirements of a First Aid kit and how to report accidents in the workplace.
- Recognise and treat major illnesses.
- Deal with burns and scalds.
- Deal with chemical contamination.
- Deal with poisons.
- Recognise and treat fractures.
- Know when and how to move casualties safely.
- Recognise and treat other miscellaneous conditions.
- Carry out the duties of a First Aider in a safe and approved manner, with no risk to self or third party.

## who is the course for?

Any qualified First Aider with a valid qualification who wishes to re-qualify.

## duration / format

2 Day Course - Can be delivered over 2 consecutive days or one day a week over 2 weeks.

## instructor / trainee ratio

Min 1:6 Max 1:10  
Approval can be sought from the HSE to increase the course maximum to 12

## awarding body

CTCS. (HSE No. 1179/92)

## course content

- Communication and delegation of responsibility.
- Resuscitation.
- Managing the unconscious casualty.
- The treatment and control of bleeding.
- The treatment of shock.
- The treatment of burns and scalds.
- The treatment of bone, muscle and joint injuries.
- The treatment of minor injuries.
- The treatment of eye injuries.
- Poisons, gases and fumes.
- Transporting and moving an injured person.
- Recognising illness.
- Personal hygiene and cross-infection control.
- The first aid box and simple record keeping.
- The duties of the employer.
- New First aid regulations/procedures

## course requirements / notes

To be eligible for the re-qualification course delegates must complete the course no more than 28 days after the expiry date of their First Aid at Work Certificate.

Delegates should dress appropriately for a course that will involve some participation in practical demonstrations and floorbased activities. Delegates will need to demonstrate their physical ability to undertake CPR to obtain a pass grade.

## further information / contact us

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