

Refresher First Aid at Work (Level 3)

This refresher course provides the qualified first aider with an opportunity to practise and update their skills and renew their First Aid at Work Qualification.

Who should attend?

This course is for people holding a current First Aid at Work Certificate.

Pre-requisites

Candidates must be at least 16 years of age.

What you will learn?

This course covers a range of CPR and first aid skills, giving candidates the opportunity to update and revalidate their first aid qualification.

Course content

- Understanding the role and responsibilities of a first aider
- How to manage an unresponsive casualty who is not breathing normally
- How to manage a casualty who is in shock
- How to assess an incident
- How to recognise and assist a casualty who is choking
- How to manage a casualty with a minor injury
- How to manage an unresponsive casualty who is breathing normally
- How to manage a casualty who is bleeding
- How to conduct a secondary survey
- How to administer first aid to a casualty with burns and scalds
- How to provide first aid to a casualty with suspected major illness
- How to administer first aid to a casualty with injuries to bones, muscles and joints
- How to administer first aid to a casualty with an eye injury
- How to administer first aid to a casualty with suspected head and spinal injuries
- How to administer first aid to a casualty with sudden poisoning
- How to administer first aid to a casualty with suspected chest injuries
- How to administer first aid to a casualty with anaphylaxis
- Understand the principles of an Automated External Defibrillator (AED)
- How to understand and recognise Post Traumatic Stress Disorder (PTSD)

Course duration

12 hours contact time

Assessment and certification

Practical and theoretical assessment on CPR and first aid.

Successful attendees will receive a certificate of competency that is valid for 3 years.

Course dates

Location	Date	Time
Ocean, Exmouth	7 th – 8 th February	10:00 – 17:00
LED Head Office, Woodbury	24 th – 25 th March	09:30 – 16:30
Ocean, Exmouth	11 th – 12 th July	10:00 – 17:00
LED Head Office, Woodbury	8 th – 9 th September	09:30 – 16:30
Ocean, Exmouth	26 th – 27 th September	10:00 – 17:00

Cost

£150 (exempt from VAT)

Discount available for block booking of 5 candidates or more. Please contact training@ledleisure.co.uk for prices.