

# ANNUAL REFRESHER

## Annual Refresher Course for First Aiders and Emergency First Aiders

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Although it is not mandatory, the HSE strongly recommend that HSE qualified First Aiders and Emergency First Aiders undertake an annual refresher course in order to keep their skills up-to-date and refreshed.

The qualification period for both groups of First Aiders is 3-years. It was felt that this period was too long without any additional training.

### Duration

A minimum of 3 hours, consisting of theoretical and practical activities.

### Syllabus

A range of subjects is covered including:-

- Responsibilities
- Primary Assessment
- Recovery Position
- Resuscitation
- Wounds and bleeding
- Hygiene
- Communication skills
- Top-to-toe survey
- Action for vomit
- Chain of Survival
- Bandaging

### Certification

A certificate of attendance will be issued.

### Numbers

It is recommended that no more than 16 students attend this course.

### Age limit

Students from the age of 14 can attend this course.