

# Annual Refresher

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

### Description

Although it is not mandatory, the HSE strongly recommend that HSE qualified First Aider's and Emergency First Aider's undertake 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:

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

### Certification

A certificate of attendance will be issued.

### Numbers

It is recommended that no more than 12 students attend this course.

**RLSS  
Courses**

**First Aid  
Courses**

**AED  
Courses**

**Food Safety  
Courses**

**Pool Plant  
Courses**

**Health & Safety  
Courses**

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