

# Emergency Preparedness and the Efficient, Effective Management of Incidents

First Aid Training	
<b>Course Title</b>	HSE Approved First Aid at Work Refresher
<b>Duration</b>	2 Days
<b>Delivered by</b>	In house consultants with a minimum of 10 years experience in Emergency Medical Response
<b>Who is it aimed at</b>	Those who have completed a HSE approved First Aid at Work course and have not exceeded the three-year validation period
<b>Aim</b>	To refresh past learning, review changes and complete re-validation assessments in line with the Health and Safety (First Aid) Regulations 1981
<b>Objectives</b>	<p>On completion of this course the delegate will have the knowledge to demonstrate an understanding of</p> <ul style="list-style-type: none"> <li>• Actions at an emergency</li> <li>• Basic anatomy and physiology</li> <li>• Mechanics of injury</li> <li>• Patient assessment</li> <li>• Cardio-Pulmonary Resuscitation – Adult, Child and Infant</li> <li>• Choking – Adult, Child and Infant</li> <li>• Breathing and Heart conditions</li> <li>• Shock</li> <li>• Medical conditions – Diabetes, Epilepsy, Stroke etc</li> <li>• Wounds and Bleeding</li> <li>• Poisons, Bites and Stings</li> <li>• Spinal, Bone, Joint and Muscle injuries</li> <li>• Effects of extreme heat and cold</li> </ul>
<b>Assessment/Certification period/process:</b> Following successful validation a certificate will be awarded and valid for 3 years	

**To discuss requirements on any aspect of Emergency Preparedness contact us:**

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