

Blended First Aid at Work Requalification

The First aid at work requalification training course updates the first aid skills of those who need to renew their First aid at work certificate.

The HSE strongly recommends that you requalify within a month of your certificate expiring.

Who should attend?

This course is for people wishing to renew a valid First aid at work certificate.

Course content

This course covers the content of the three-day First Aid at Work course in two days.

Course duration

Two days. One day online, one day face-to-face

This course runs in two parts, in order to be fully qualified you must ensure both the online and face-to-face part of the course are completed.

Part 1: Online

This part of the course is self-directed and is expected to take a day to complete. You can complete the modules at your own pace in your own environment providing you the flexibility you need. The online training must be completed within the 6 weeks prior to your face to face training.

Part 2: Face-to-face (at a training venue)

During this day you will be in a small group with fellow blended course mates. The day will be led by a specialist trainer who will teach you about the essential lifesaving skills required for your qualification. Throughout the day you will take part in small group activities, practicing essential lifesaving skills and have the chance to ask your trainer any questions. You will also complete a small number of practical and written assessments, this will include assessment on your online training topics. Please note that any group or practical activities will take place with social

What you will learn

Online

Managing an emergency

Role of the first aider (including knowledge of health and safety regulations)

Bone, muscle and joint injuries

Burns and scalds

Effects of heat and cold

Fainting

Bone, muscle and joint injuries
Chest pains
Poisons and what to do if someone has been poisoned
Asthma
Low blood sugar
Eye injuries
Seizures
Minor bleeding
Allergic reaction
Stroke

Face-to-face

Adult resuscitation (CPR)
Choking adult
Communication and casualty care
Head injuries
Defibrillator prompts and how to respond (theory based)
Defibrillator pad placement (theory based)
Severe bleeding
Shock
Spinal injuries
Unresponsive adult.

Assessment

Online knowledge checks, continuous observation by the trainer and written assessments.

Certification

Successful candidates receive a St John Ambulance certificate, valid for three years. Please note that candidates must pass the assessments on day 2 (in the classroom) to receive their certificate. Results from your online training may also be checked against your face-to-face results before a certificate is issued.