

First Aid Annual Refresher

This half-day first aid annual skills update course is appropriate for individuals 16 years of age and older who wish to abide by the Health and Safety Executive's (HSE) recommendation that first aiders receive annual refresher training to maintain their skills and stay current with any changes that may occur between completing a first aid at work course and recertifying three years later.

Anyone who wants to update their prior first aid at work training should use it. All first responders who possess a current first aid at work or emergency first aid at work certificate are highly encouraged by the HSE to undergo an annual skills refresh.

What is covered in the Annual Refresher course?

- unresponsive and not breathing, including the use of an automated external defibrillator (AED)
- unresponsive and breathing
- Acting safely, promptly, and effectively in an emergency
 - Recovery position
 - Wounds and bleeding (including tourniquet use)

Learning and assessment

Our courses meet and exceed the standards set by the HSE for what is required of training providers, and this course, which is delivered in a classroom setting, offers a practical, hands-on approach that delivers the skills and confidence to employ first aid abilities in a real-life situation. Each learner is evaluated throughout the course using a variety of hands-on examples, Q&A sessions, quizzes, and engaging activities, including roleplay, that are intended to coach and support them. Find out more about the criteria and quality of our courses.

The maximum group size is 12 individuals, and participants must be capable of participating to ensure that you have the best learning experience possible. Each learner receives a training kit with a variety of resources to assist them in putting the skills they have learned into practise.

This programme is not accredited. It is intended to maintain the sharpness of your current First Aid at Work or Emergency First Aid at Work abilities and confidence.