

## First Aid at Work – Refresher Course

A person who has been designated as a First Aider at work has to have training by a trainer licensed by the HSE, this training should be refreshed every year.

All employers in the UK have a legal obligation to make First Aid provision for their employees, SHE Knows, Health and Safety can provide the peace of mind that only comes with knowing you have fully competent members of staff.



- ✓ This Certificated first aid course is specifically designed for persons needing first aid skills as a trained first aider.
- ✓ Covering additional areas of suspension trauma and electrical burns on request.
- ✓ End of course assessment.
- ✓ Delivered over 1 day.
- ✓ Delivered in-house or at SHE Knows Ltd
- ✓ Goulton St (Hull)
- ✓ King Edwards St (Grimsby)
- ✓ Catch (Immingham)

This course is licensed by the HSE and enables your company to fulfil the requirements under the Health and Safety (First Aid) Regulations 1981, and supply a competent person as required by the Management of Health and Safety Regulations 1999.

Course Revision Outcomes:

**Principals of First Aid**  
**Rescue Breaths**  
**Burns & Scalds**  
**Bleeding & Bandaging**  
**Recovery Position**  
**Epilepsy**  
**Heart Attack**



**Suspension Trauma**  
**CPR**  
**Gas Poisoning**  
**Collapse**  
**Choking**  
**Asthma**

For further enquiries or available dates please contact:

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