

short courses, apprenticeships, health & safety, business & admin, supervisors & management, health & social care, fork-lift, nvqs, ict.

www.sigta.co.uk



Annual First Aid Update (for Certificated First Aiders Only)

This course is designed for anyone who wishes to refresh their existing First Aid at Work training. This update is strongly recommended by the Health & Safety Executive (HSE) to all First Aiders holding a valid First Aid at Work or Emergency First Aid at Work course accreditation.

Course Content

- Assessing the situation in an emergency
- Administering first aid to a casualty who:
 - is unconscious (including seizures)
 - requires cardio pulmonary resuscitation (CPR)
 - is wounded or bleeding
 - is in shock
- HSE accident reporting
- First aid kits and avoiding cross-infection

Learning Objectives

This session builds on your first aid expertise and confidence by involving you in realistic situations with simulated casualties. You will practise first aid in practical, hands-on scenario sessions.

You must have a valid Emergency First Aid at Work, First Aid at Work or First Aid at Work Requalification certificate to complete this course.

Course Duration

1 Day

Booking & Enquiries

Telephone: 01273 416989

Email: sales@sigta.co.uk



*SIGTA Ltd, Abinger Road, Portslade, East Sussex BN41 1RZ
Tel: 01273 416989 Fax: 01273 423982 E: sales@sigta.co.uk*