

# Refresher First Aid at Work

## two-day course

Refresher First Aid at Work courses are for qualified First Aiders who wish to renew their certificates.



Refresher First Aid at Work courses take place over two days and are suitable for staff training on your own premises. We also run courses open to individuals at our training centre.

Candidates must have a valid First Aid at Work Certificate on the first day of the course.

All teaching materials are provided by us.



The cost of an individual place on a course at our training rooms is **£195.00** each including VAT.

See dates on the website [www.carltontraining.co.uk](http://www.carltontraining.co.uk)

The cost of a course for up to twelve persons on your premises is **£1650.00** including VAT.

Call us to arrange times and dates.

**Some of the topics covered are :**



1. Care of the unconscious casualty
2. Resuscitation, including CPR
3. Control of bleeding and minor wounds
4. Shock
5. Heart attack, stroke, diabetic emergency
6. Anaphylactic shock, epilepsy, asthma
7. What to do if someone is choking
8. Poisoning including overdose
9. Eye injuries
10. Burns and scalds
11. Head injuries
12. Spinal injuries
13. Fractures, dislocations, strains and sprains
14. Recognition of illness and injury
15. First Aid record keeping
16. The contents of first aid boxes and their use
17. First aid supplies
18. Personal hygiene in first aid situations
19. Communication in an emergency

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