



# St John Ambulance - First Aid at Work - Re-qualification

## Course Aim

At the end of the course, delegates will be able to:

- Assess emergency situations and carry out appropriate action including informing emergency services
- Carry out artificial ventilation and chest compressions
- Place casualty into the recovery position and know to use this position
- Clear obstructed airway
- Control severe bleeding
- Recognise and treat shock
- Understand the requirements of a first aid kit and how to report accidents in the workplace
- Recognise and treat major illnesses
- Deal with burns and scalds
- Recognise and treat fractures
- Carry out the duties of a First Aider in a safe and approved manner, with no risk to self or third party

## Who Should Attend?

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

Those who have not yet trained should see our St John's Ambulance First Aid at Work Course.

## Course Duration

This is a 2 day course.

## Agenda

The course will follow the below schedule:

- Assessing the casualty and situation
- The unconscious casualty
- Cardio-pulmonary Resuscitation (CPR)
- Head injuries
- Choking and asthma
- Severe bleeding
- Shock
- The first aid kit and reporting procedures
- Heart attack, seizures and diabetes
- Burns and scalds
- Fractures

## Certification

Successful delegates will receive a renewed St. John's ambulance certificate, valid for 3 years. This will be sent in PDF format via email.