

First Aid Refresher Course

Course Aim: This is a one-day course to refresh your skills.

Course Objectives:

- ✓ On completion of this course participants will be able to:
- ✓ Demonstrate up-to-date practical skills.
- ✓ Explain new developments in First Aid.

Course Programme:

- ✓ Aims - Prevent further harm; preserve life; promote recovery.
- ✓ Responsibilities of First Aiders.
- ✓ Primary Surveys – Medical & Trauma.
- ✓ Making a diagnosis.
- ✓ Life threatening conditions: asphyxia, respiratory & cardiac arrest, shock.
- ✓ Casualty interview (S.A.M.P.L.E).
- ✓ Casualty Report Forms.

Training Methods:

Classroom presentation on multimedia/ videos. Practical demonstrations of techniques. Course handouts, training records, evaluation forms are also provided.

Assessments & Certification:

Assessments are held at the end of the course. Certificates are valid for 3 years.

Course Attendance: Maximum of 12 participants. 1-day duration.

IMPORTANT NOTE:

- ✓ Trainees must submit their last OFA Certification on or before the day of the Refresher:
- ✓ It must be either a 3 day Occupational First Aid course or a 1-day Refresher of same. (Occupational must be referenced).
- ✓ It must indicate who instructed and who examined and include their Ambulance Board registration numbers.
- ✓ It must have a 3-year expiry date.
- ✓ It must be within 3 years and 1 month of certification on the day of the course.
- ✓ Generally, these certs will be Irish (Or a US certification which is similar).