

First Aid at Work Annual Refresher (QAR)



Course Overview

The HSE guidelines state that employers should ensure their first aiders remain up to date with their skill and knowledge. As such, the HSE strongly recommends an annual refresher.

Course Duration	Expiry	Assessment
3 hours	Annual refresher	Ongoing practical assessment will run throughout the course

Course Content

- Conduct a primary survey
- Recovery position
- Treatment of a seizure
- Cardiopulmonary resuscitation (CPR)
- Types of external bleeds
- Treatment of an external bleed
- Management of shock

Our core values



Safe



Responsible



Quality



People



Collaborate