

Annual Refresher First Aid

E-Learning

This interactive refresher course provides first aiders with an opportunity to practise and update their skills as a qualified first aider, at any time while their first aid certificate is valid.

3 hours



Online Learning

About the course

Employers are legally required to ensure their first aiders are competent and maintain their skills throughout the three years in which their certificates are valid.

The Health and Safety Executive strongly recommends that first aiders attend a refresher session once every year during this three year period.

Who should attend?

This course is for people holding a current First Aid at Work or Emergency First Aid at Work certificate.

Course syllabus

- Choking
- Chest pains
- Severe bleeds
- Recovery position
- Basic life support and AED.

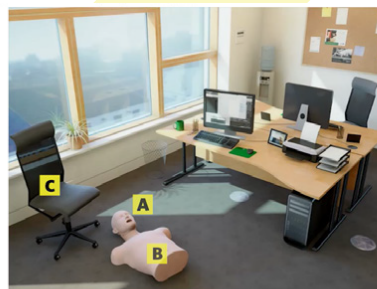
Assessment

The course **does not** renew first aid certificates, or extend the validity period of certificates. It is for practise and refreshing skills only.

St John Ambulance
You discover a person lying motionless on the ground. What should be your first step?



- A** Start rescue breaths
- B** Put the casualty into the recovery position
- C** Clear any dangers near the casualty



St John Ambulance
You discover a person who appears to be struggling to speak, breathe or cough. What should you do?



- A** Ask the person, 'Are you OK? Do you need help?'
- B** Give them a drink
- C** Ask them to lie down



For General Queries

Contact our customer services team:
workplace-training@sja.org.uk

Or call us on
0344 770 4800

Lines are open Mon-Fri 8.30am-5.30pm

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St John Ambulance

