



# First Aid Skills Update



training team

[www.ouchtraining.co.uk](http://www.ouchtraining.co.uk)

If its been a while since your last first aid course and you require a light refresher to remind you of the basics in emergency first aid then this is the course for you.

Our First Aid Skills Update course will give you the confidence and practice in the emergency life-saving techniques that are required in those first few minutes before professional help arrives.

This course provides delegates with an opportunity to practice and update their skills by a combination of formal training and practical hands-on scenarios. The course will concentrate on emergency life support with time at the end of the course to briefly cover client specific topics; e.g. Asthma, fractures, etc.

### Who needs this qualification?

This course is designed for those who have attended with a First Aid at Work or an Emergency First Aid at Work training course in the previous 3 years.

### Why is this training important?

This course complies with the guidance given by the HSE; who strongly recommends that first aider undertake annual refresher training within any three year certification period of a First Aid at Work course.

### Learning Outcomes

Successful candidates will be able to:

- Conduct a casualty assessment
- Manage an unconscious casualty
- Administer CPR to a casualty.
- Manage a casualty with wounds and external bleeding
- Practical scenarios
- Other topics highlighted by delegates

## Course Details



### Assessment

Not applicable



### Duration

3 Hours



### Venue

In-house courses available (12 max)  
Open courses at Ouch Training



### Ofqual Regulated

No



### Prerequisite

None

## Testimonial

*"This course was a great recap on the basic essentials of first aid. I now feel more confident in my role as a first aider and has refreshed my previous learning. I would definitely recommend this course to others."*

**Sharon Spencer, Hillbourne Primary School**

## Trainer

Our enthusiastic trainers have a wealth of experience in first aid and have an innovative approach to education; we aim to make our courses fun and engaging for delegates.

## Contact Information

### Ouch Training Team Head Office

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### North West Training Venue

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# Ouch Courses



## Training you can't ignore.

At Ouch we believe that health and safety shouldn't just be a tick in a box, through innovative training we aim to inspire competence not just compliance.

Our highly skilled and experienced trainers endeavour to deliver a range of outstanding courses. We use a range of innovative techniques to ensure the content is engaging and relevant for our delegates. We know that if the learning experience is enjoyable then you will remember your new skills and be able to recall them when they are really needed.