



WATA Knows... and you can too!

## Health and Safety Courses

### First Aid at Work HSE Refresher – 2 Days

#### The WATA route to success

This course is designed to renew nationally recognised First Aid at Work certificates issued within the previous three years, to the HSE syllabus.

A personal protection kit for use by the delegate in First Aid is included in the course fee.

Evidence of existing certificate is required before attending the course.

#### What does the course cover?

- Day 1**
- 1) Course Introduction
  - 2) Incident Managements
  - 3) First Aid Supplies
  - 4) Changes in Legislation (Aids)
  - 5) Respiration, Asphyxia (choking)
  - 6) Resuscitation (mouth to mouth ventilation, cardiac compressions)
  - 7) Unconsciousness
  - 8) Care of the unconscious
  - 9) Bleeding
  - 10) Control of bleeding and bandaging
  - 11) Shock
  - 12) Burns & treatment

- Day 2**
- 1) Eye injuries and irrigation
  - 2) Digestive system and poisoning
  - 3) Major illness
  - 4) Fractures and Treatment
  - 5) Dislocation and strains
  - 6) Revision of the course themes
  - 7) Simulations within the workplace
  - 8) Re-examination

#### Who is the course suitable for?

Essential course to renew qualified first aid certificates.

#### Course Dates

**2011:** 26 – 27 Oct

**2012:** 6 – 7 Feb; 21 – 22 Nov

#### Course Fees: £150 + VAT per delegate

Including lunch, refreshments, course handouts and personal protection kit.

In-company courses by arrangement.

#### Duration:

2 days (9:00 am to 5:00 pm approximately - please arrive 15 minutes before the course is due to commence)

We provide training in a relaxed atmosphere at our training centre, which is located in Huntingdon, Cambridgeshire