

**Name:** Example Certificate  
**Course:** First aid at work requalification  
**Duration:** 2 days

### Course Content

- Dealing with an emergency	Assessing a casualty, monitoring a casualty, where to get help, electrical incidents, lone worker
- Hygiene techniques	
- Bleeding and wounds	Bleeding heavily from a wound (limb, embedded object in a wound, palm of hand, scalp/head), crush injuries, penetrating chest wounds, abdominal wounds, amputation, small blisters and splinters, small bruises and wounds, nosebleed, eye wounds, bites and stings
- Shock	Shock and internal bleeding
- Unresponsive and breathing adult	Unresponsive and breathing adult and suspected spinal injury
- Heart attack including the use of aspirin	
- Angina attack	
- Unresponsive and not breathing adult	Unresponsive and not breathing adult, face shields and pocket masks, mouth to nose
- AED*	Chain of survival, use of an AED*, safety considerations
- Choking adult	
- Heat exhaustion	Heat exhaustion and dehydration
- Hypothermia	
- Accident recording and reporting	Health and safety first aid regulations, first aid kits, accident records, RIDDOR and COSHH
- Burns	Burns, electrical burns, chemical burns, chemical burns to the eyes
- Harmful substances	Poisoning, swallowed, inhaled and injected harmful substances
- Asthma attack	
- Severe allergic reaction	
- Diabetic emergency	
- Seizures	
- Stroke	
- Feeling faint	
- Head injury	
- Bone, muscle and joint injuries	Broken bones, dislocations, strains and sprains, spinal injury

\*Automated External Defibrillator

Training has been delivered in accordance with currently accepted first aid practice. Certificate issued for the purpose of the Health and Safety (first aid) Regulations (1981) and Health and Safety (first aid) (amendment) Regulations (Northern Ireland) 2017.

This certificate is only valid where the named person has previously held a full 3 day First Aid at Work certificate; any certificate issued without this prior training will be invalid.

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Certificate No: 010322-FA2

Version: V1

**The power  
of kindness**