



## **NUCO - TWO DAY REFRESHER FIRST AID AT WORK (HSE APPROVED)**

### **Course Information**

#### Who is the course for?

This is an HSE approved course that complies with the Health and Safety Regulations 1981 and the Approved Code of Practice L74 guidelines for the re-qualification of First Aid at Work certificate holders. Individuals whose 4 day first aid at work certificate is close to expiring should attend.

#### What experience do I need?

Candidates will have already done a 4 day First Aid at Work course.

#### How long is the course?

Two days.

#### How many people can attend the course?

8- 10 people can attend.

#### What equipment or machinery will I need to provide?

No equipment will be needed from you.

#### What facilities will be needed for the training?

A classroom will be required for the course theory that can comfortably seat the number of candidates attending and appropriate refreshment & rest facilities. Power point for laptop – assessor will bring his own laptop and projector. On the day of assessment the following will be required:-

Room for candidates to wait for their practical assessments

Room for the resuscitation practical

Room for another practical assessment

Room for another waiting room

Candidates must be kept apart so that they can not tell each other what the assessment involves.

#### Can I claim grant?

Company's who are registered with the CITB may be able to claim grant for the completion of this training if it has been included in a planned and approved training plan.

To find out whether your company is eligible for this and to create a training plan please contact your local grant office whose details can be found on the CITB-



ConstructionSkills website at <http://www.citb-constructionskills.co.uk/contactus/areaoffices/index.asp> or from CPQ.

What is the training outcome?

The program will cover the following:

- Aims and principles of first aid
- Prevention of cross-infection during first aid procedures
- Basic Life Support, including resuscitation and choking
- Management of the unconscious casualty
- Assessment and treatment of a casualty who is wounded, bleeding or shocked
- How to deal with burns, poisoning and eye injuries
- Disorders of consciousness
- Bones, joints and muscle injuries

Upon successful completion of the course and final assessment, each delegate will receive the HSE Approved, nationally recognised First Aid at Work Certificate.

When I've completed the training and/or assessment is there anything else I need to do?

The qualification issued is valid for 3 years. Before this expires a candidate must re-do the 2 day refresher course.

**For further information please contact CPQ on 01403 780500.**