



Refresher First Aid Course

To refresh all the skills that participants acquired on the 3-day programme and ensure that they are aware of all new developments in First Aid Practices.

Course Content

- Reintroduction to First Aid
- Responsibilities and aims
- Staying safe
- Calling for help
- The Heart
 - Angina
 - Heart Attack
 - Cardiac Arrest
- CPR/CFR
- Diabetes, Epilepsy, Asthma
- Head injuries, Fractures, Burns
- Other topics relevant to participant's environment
- Revision
- Examination.



Duration: 1 Day