

# First Aid – Basic Skills Update/ Annual Refresher

## Course Dates

Please see our current course calendar (available at [www.leedsmet.ac.uk/sport](http://www.leedsmet.ac.uk/sport))

## Course Fee (per individual)

£45

## Minimum Age

16

## Who is it for?

The First Aid – Basic Skills Update/ Annual Refresher is for those wishing to update their skills within any 3 year period of completing the First Aid at Work or Emergency First Aid at Work qualifications.

The HSE now recommends that first aiders undertake annual refresher training.

The First Aid – Basic Skills Update/ Annual Refresher also acts as a first level qualification for those wishing to gain basic knowledge of what to do in an emergency.

This qualification may be suitable for those wishing to gain a basic First Aid qualification (3 hours) as a pre-requisite for various National Governing Body coach education qualifications.

## Course Content

Candidates should demonstrate their competence to:

- assess the situation in an emergency
- administer first aid to a casualty who is unconscious (including seizure)
- administer cardiopulmonary resuscitation
- administer first aid to a casualty who is wounded and bleeding
- administer first aid to a casualty who is suffering from shock

## Course Exam

You must, in order to gain a certificate:

- attend all course hours

You will be continuously assessed on your skills throughout the duration of the course

## Certificate:

A Basic Skills Update/ Annual Refresher certificate, which is valid for three years, will be awarded to all successful candidates.

## Course Duration

3 hours

## Course Venue

Normally held at Carnegie Stand, Headingley Carnegie Stadium, St Michael's Lane, Headingley, Leeds, LS6 3BR.