

Rochdale Occupational Health Service Ltd

COURSE CONTENT

3-hour Basic Skills Update Course

Although it is not mandatory, the HSE recognise that 'skills fade' does occur during the three year validity of current certificates and it is **strongly recommended** to employers that First Aiders and Emergency First Aiders attend a 3-hour Basic Skills Update (BSU) annually, to help qualified First Aiders maintain their basic skills and keep up to date with any changes in first aid procedures.

Listed below is the course content, which is in accordance with the new First Aid Approved Code of Practice 2009.

COURSE CONTENT
<p>Candidates should demonstrate their competence to:</p> <ul style="list-style-type: none">• 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

After completion of the course, an attendance certificate will be issued.