

HSE First Aid At Work – 2 Day Refresher

The Course

This course is suitable for those that have previously attended an 'HSE First Aid at work 4 day course', within the last 3 years.

This course is registered with the HSE and the certificate is valid for 3 years

The course is intended to refresh previous learning. The first morning is spent reviewing the principles of first aid, moving on to basic life support. After lunch, there is an outdoor practical session, which reinforces the morning's work; followed by a classroom session for common medical emergencies, wounds, bleeding and shock, backed up by a practical session. The second day starts with fractures, followed by the effects of heat and cold, followed by an examination by an external examiner, as required by the HSE.

The course is run from 9am-5pm (approx). There are no evening talks or lectures however, you are welcome to join in with our evening programme or just relax in the bar.

Provisional Programme

Day 1

Registration, Multiple choice quiz, Principles of First Aid, Vital Signs, Unconsciousness, Recovery position, Asphyxia - Breathing problems
,Mouth to mouth/nose: Pocket Mask, Heart problems, C.P.R. 1 person/ 2 person

Day 2

Multiple choice quiz, C.P.R. revision and practice
Wounds, bleeding and shock, Dressing of Wounds, Fractures, Burns
Eye Injuries, Effects of Heat and Cold, Contents of First Aid Boxes
Purchasing First Aid supplies and Record Keeping, Final revision and C.P.R. practice
Examination – Test paper and Practical and Course Debrief and Results.

What Equipment Will I Need?

Outdoor sessions are run in the centre grounds, you need some warm outdoor clothing, waterproofs and outdoor shoes or boots. The sessions are only an hour or two long but will take place no matter what the weather is doing. The ground can therefore be muddy or wet at times.

Equipment Lists

Glenmore Lodge has a large and very comprehensive store of up to date clothing and equipment. You are welcome to use your own equipment and pick and choose odd items from the store. Your instructor will want to check that personal equipment is appropriate for the activity.

GLENMORE LODGE CAN SUPPLY:

- ✓ Basic waterproof jackets and trousers
- ✓ Leather Boots
- ✓ Helmets
- ✓ Day & Expedition Sacs

EQUIPMENT YOU NEED TO BRING WHICH WE DO NOT HAVE IN THE STORES.



Listed here are the essentials, this is not an exhaustive list.

- ✓ Informal clothing for leisure wear
- ✓ Warm outdoor wear
- ✓ General trekking trousers are recommended, not jeans though.
- ✓ Fleece/insulated jacket
- ✓ Waterproof jacket
- ✓ Waterproof overtrousers
- ✓ Hat & gloves***
- ✓ Vacuum Flask & Water Bottle ***
- ✓ Box or bag for packed lunch.
- ✓ Blister kit/ small first aid kit
- ✓ Personal toiletries & medications (towels are provided)
- ✓ Suncream – you just never know! ***
- ✓ Spare towel
- ✓ An alarm clock
- ✓ Glenmore Lodge also has a pool, sauna, gym & climbing wall - so don't forget your swimming/gym/climbing kit!

Items marked * are available in our shop subject to availability.**

Useful Websites

www.wemsi.org	Wilderness Emergency Services Institute
www.mrcofs.org	Mountain Rescue Committee of Scotland
www.basp.org.uk	British Association of Ski Patrollers – First Aid