7Y TRAINING
TRAINING THAT BUILDS CONFIDENCE
Keep Stepping Up.

First Aid At Work Requalifiaction

Practical, accredited First Aid training designed to refresh and update the skills and knowledge of existing workplace First Aiders.

DURATION
2 days

DELIVERY
Leominster or suitable locations across the UK

SUITABLE FOR
Workplace First Aiders

Certification
Qualsafe Level 3 Award in First Aid at Work (RQF)

About This Course

The First Aid at Work Requalification course is designed for existing First Aiders who need to renew their First Aid at Work qualification.

This intensive course refreshes and updates essential First Aid knowledge and practical skills, helping learners continue to respond confidently and effectively to a wide range of workplace emergencies.

Why Choose 7Y Training?

✓ Experienced, qualified instructors

✓ Practical, engaging training

✓ Accredited qualifications

✓ Training available across the UK

✓ Friendly, personal service

Talk to Paula today

📞 07808 670110
✉️ paula@7ytraining.co.uk

7Y TRAINING
TRAINING THAT BUILDS CONFIDENCE
Keep Stepping Up.

WHAT YOU'LL REFRESH

This course refreshes the knowledge and practical skills needed to respond confidently to a wide range of workplace First Aid situations.

✓ Role & responsibilities of a First Aider
✓ Assessing an emergency situation
✓ CPR and use of an AED
✓ Unresponsive casualties & seizures
✓ Choking
✓ Wounds, bleeding & shock
✓ Secondary survey
✓ Injuries to bones, muscles & joints
✓ Burns & scalds
✓ Eye and chest injuries
✓ Poisoning
✓ Anaphylaxis
✓ Major illnesses

WHO IS THIS COURSE FOR?

The First Aid at Work Requalification course is suitable for:

✓ Existing workplace First Aiders

✓ Current or recently expired FAW certificate holders

✓ Those needing to renew their First Aid at Work qualification

ASSESSMENT & CERTIFICATION

Assessment

Learners complete practical assessments throughout the course, together with two multiple-choice question papers.

BEFORE YOU BOOK

Important: Learners must provide an acceptable current or recently expired First Aid at Work certificate to attend the reduced-hours requalification course.

Validity

The qualification is valid for 3 years. Learners need to requalify before their certificate expires.

PREPARING FOR YOUR COURSE

First Aid training is practical and hands-on. Please come prepared to take part in practical activities.

- Comfortable clothing
- Flat comfortable footwear
- Personal medication
- Phone/tablet — If needed during breaks
- Lunch — Please bring a packed lunch.

Talk to Paula today

📞 07808 670110
✉️ paula@7ytraining.co.uk