

Annual First Aid Refresher as Recommended by the HSE

All first aiders, at all levels, are required to maintain their competence levels "at all times." This is stated in the HSE First Aid at Work guidelines.

Introduced by the HSE some time ago, as a result of recognising that first aiders are suffering from serious skill fade issues over their 3 year certification period.

While it is not mandatory to complete an Annual Refresher, to remain compliant with legislation, you would have to demonstrate alternative actions that have been taken to refresh skills, knowledge and performance.

Course Contents

- CPR and Rescue Breathing
- Unconscious casualty checks
- Wound care
- AED use

*For GROUP courses, you can have topics included of your choice.

Course Duration:
3 hours