



Your partners in  
health, safety and  
environmental  
welfare

## First Aid at Work Re-qualification

(2 days)

This course updates the first aid skills for people who need to renew their statutory first aid at work certificate and whose existing certificate is still valid.

First aiders whose certificates have expired for more than 28 days must attend the three day first aid at work course. Please note that you need to have completed this course before the 28 days after expiry of your certificate are up

### What will you learn?

The course aims to update and refresh your knowledge of the First aid at work syllabus, while allowing time for revision and practice sessions in preparation for a final assessment.

### What we offer

- Occupational Health Services
- Regular Site Inspections
- Site Inspection Reports
- Non-Compliance Reporting
- Accident Reporting
- CDM Compliancy
- Risk Management Tools
- Annual Health Check
- Accident Investigation
- Training Courses
- SSIP Assistance
- Member Helpline
- Toolbox Talks
- Fire Risk Assessments
- Health and Safety Audits
- Annual Office Inspections
- Environmental advice
- UK Coverage
- Online Accident Statistics
- Dedicated Safety Advisers

## FIRST AID AT WORK RE-QUALIFICATION (2 DAYS)

By the end of the course, the students will be able to:

- Recognise both trauma and medical emergencies
- Provide basic first aid treatment for both conscious and unconscious casualties
- Take sufficient steps to provide professional medical treatment
- State and use the contents of a first aid kit
- Safely and efficiently manage any incident where somebody requires medical attention at work

### Course dates 2025

- 29 & 30 Jan
- 19 & 20 Feb
- 26 & 27 Mar
- 28 & 29 Apr
- 21 & 22 May
- 24 & 25 Jun
- 28 & 29 Jul
- 13 & 14 Aug
- 29 & 30 Sep
- 29 & 30 Oct
- 24 & 25 Nov
- 15 & 16 Dec

### Course Programme: Day 1

- Introduction & Administration
- Incident Management, Casualty Management, Initial Assessment, Top to Toe, Recovery Position, Resuscitation
- Use of Automated External Defibrillators (AED)
- Airway Blockage, Airway Disorders
- Shock, Anaphylactic, Heart Conditions, Bleeding, Dressing
- Bandaging, Slings
- Fractures, Dislocations, Strains

### Course Programme: Day 2

- Head Injuries, Poisons, Burns, Extremes of Heat, Extremes of Cold
- Written Exam
- Scenarios & Exam Practice
- Practical Exam
- End of Course Discussion



### HOW TO BOOK

Book your place by calling our Training Services team on 0300 304 9080 or email [Training@BSG Ltd.co.uk](mailto:Training@BSG Ltd.co.uk) with your enquiry.



## About BSG

The Building Safety Group (BSG) is a not-for-profit organisation which specialises in providing Health, Safety and Environmental consultancy and training for the construction industry. BSG has over 800 members operating across 3500 workplaces throughout the UK.

We conduct over 20,000 site inspections every year and train more than 10,000 construction workers.

## What our clients say about us

*"Excellent Instruction and very clearly conveyed."*

**Southside Scaffolding Limited**

*"BSG are clearly experts in Health and Safety training for the construction industry."*

**CTS**

*"As I was pretty new to the role, my knowledge was limited but after taking the BSG course I feel very confident I will be able to positively move on in my position. I have learnt a massive amount."*

**Prodeck Fixing Ltd**

*"I learnt a lot about disciplines I previously knew nothing about. Learnt new regs and reinforced my previous knowledge."*

**Mirage Interiors**

## Need a course at your organisation?

If you have a group of 6 or more employees requiring training, we can run courses on a private basis, at a venue of your choice on a date that suits you. We can tailor the course to meet your needs and requirements. Contact us to find out more and get a bespoke quote.

## How to book

Book your place by calling our Training Services Team on 0300 304 9080 or email [Training@BSGlimited.co.uk](mailto:Training@BSGlimited.co.uk) with your enquiry.

## Course Rates

At BSG Training Centre	Rate
BSG Members	£168+VAT*
Non- Members	£210+VAT*

Course fees include course materials, certification and lunch.



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