

First Aid at Work Requalification (2 days)



Printed on 22 April 2026

The course refreshes and updates First Aid skills and requalifies the First Aid At Work qualification.

Location	St. David's Dewi Sant Shopping Centre, Cardiff
Course length	2 days
Cost	£166.67 (ex VAT), £200.00 (inc VAT)
Prerequisites	A valid First Aid At Work certificate, or the certificate must be within a month of expiry
Validity of award	Valid for 3 years.

Topics

This requalification course covers the contents of the 3 day First Aid At Work course in two days.

Assessment

- Continual assessment by the tutor
- Demonstrate the ability to administer cardiopulmonary resuscitation (CPR) on an adult manikin
- Safe application and use of an AED (Automated External Defibrillator)
- Demonstrate the ability to carry out First Aid for an unconscious casualty
- Demonstrate the ability to carry out First Aid for a workplace emergency situation
- Complete worksheets during the course

Additional information

You must have a valid First Aid At Work certificate, or the certificate must be within a month of expiry. The First Aid At Work certificate is valid for 3 years after successfully completing the course.

If you have a qualification gained from a different certifying body we can requalify you as long as we are provided with a copy of your current certificate prior to booking your place.

If you are unsure about the validity of your First Aid At Work certificate please contact us.

Valid for 3 years. Must be revalidated on another 2 day refresher course. Annual refresher courses are also available if you would like to refresh your skills in the meantime.

Make an enquiry or book a course

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- Call now 0800 0246299, Available Mon-Fri, 9am - 5pm
- Email info@stdavidsfirstaid.co.uk