

# First Aid at Work Refresher



Printed on 21 January 2026

The course is practical and aims to refresh and update previously learnt First Aid skills.

<b>Location</b>	At your workplace
<b>Course length</b>	3 hours
<b>Cost</b>	Price on Request
<b>Prerequisites</b>	A current First aid At Work or Emergency First Aid At Work certificate.
<b>Validity of award</b>	This course does not renew First Aid certificates or extend their validity period.

## Topics

This is a short course which will boost your confidence by practising First Aid skills in a practical way. You will be presented with realistic situations and be refreshed on how to deal with emergency situations.

The refresher session is suitable for those who have previously attained a First Aid At Work or Emergency First Aid At Work certificate. The course is practical and aims to refresh and update previously learnt First Aid skills.

Employers are legally required to make sure that first aiders are competent and maintain their skills throughout the 3 years in which their certificates are valid.

## Assessment

Continual assessment by the tutor

The course does not renew first aid certificates or extend the validity period of certificates.

## Additional information

The HSE strongly recommends that you attend a refresher session once every year during this three year period. This session is recommended but not compulsory.

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## Make an enquiry or book a course

- Call now 0800 0246299, Available Mon-Fri, 9am - 5pm
- Email [info@stdavidsfirstaid.co.uk](mailto:info@stdavidsfirstaid.co.uk)