

# First Aid at Work Refresher



Printed on 28 May 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>	Depends on group size and location, please call us for a quote
<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.

## 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.

# First Aid at Work Refresher

Printed on 28 May 2026



## 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)