



First aid at work refresher course (4 hours)

Have you not had the opportunity to apply first aid techniques in your workplace since your last training? As a first aider in the workplace, this course allows you to reinforce your knowledge and retrain for emergency situations. You maintain your certification as a company first aider in accordance with the Code on Well-Being at Work of April 28th, 2017, Book 1st, Title 5 « First Aid ».

An annual refresher course (or biennial based on a previous risk analysis) of min. 4 hours is mandatory.

First aider who is unable to attend a refresher course must take another refresher course within 12 months, in addition to their annual refresher course. If this is not possible, the worker will have to retake a basic course.

- Objectives**
- To keep the validity of your first aider certificate in the workplace
 - To maintain the skills and confidence acquired during your last first aid course
 - To stay updated on new techniques or changes about first aid

Content This course is organised by the Belgian Red Cross as an accredited company by SPF Employment, Labor and Social Consultation

Refresher course of 4 hours with a review of the following topics and techniques:

- Essential rules of first aid (call 112)
- Cardiopulmonary resuscitation and defibrillation
- Vital functions control
- Unresponsive and breathing person
- Choking
- Bleeding heavily

+ 1 module including one additional topic:

- Fainting
- Head/Spine trauma and limbs injuries
- Wounds
- Burns
- Paediatric

At the end of the course, the participants will receive a participation attestation.

- Methodology**
- Role plays
 - Hands-on exercises
 - Group exercises
 - Reflection/Discussion

Audience Certified first aider in the workplace who has accomplished a refresher course of at least 4 hours a year (or every 2 years based on a risk analysis)
Groups from min. 4 to 12 participants

Organisation

- Inter-enterprises: session in facilities reserved by the Belgian Red Cross for individual registration
- Intra-enterprise: session within your organisation or in one of our rooms for a group:
→ Min. 40m² room, without tables fixed on the ground, furnished with a beamer, a whiteboard (screen or white wall), and a flipchart. If possible, a parking slot will be provided for our instructor.

- Pricing**
- Inter-entreprises – Price per participant (max. 4 from the same company): 175,00€
→ Check our availabilities on [First aid at work refresher course](#)
 - Intra-enterprise - Fixed price for a group of min. 4 and max. 12 participants: 950,00€

Any questions? Contact us on 081 771 300
(Monday to Friday, 8am to 12.30pm and 1.30pm to 5pm) or send us
an e-mail to formipro@croix-rouge.be and we'll get back to you.