



# **ANNUAL REFRESHER TRAINING FOR FIRST AIDERS**

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# Introduction

The Health and Safety Executive (HSE) guidance strongly recommends that employers ensure that their first aiders receive annual refresher training.

The courses are of short duration and can be completed in less than half a day. The reason for refreshing these skills annually is that it helps maintain their competency until they re-qualify.

As an employer, if you wish to minimise this risk and maintain your first aiders competency, consider introducing annual refresher training if you haven't done so already.

For help in selecting employees for first aid training, BFFF have issued guidance, which has been assured by Wakefield District Council, and can be found under First Aid on the Health & Safety guidance page

HSE also provide free leaflets and advice on First Aid, along with the Regulations, which can be found here: <http://www.hse.gov.uk/pubns/firindex.htm>



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