



Basic First Aid Refresher

Book at maersktraining.com

AVAILABLE LOCATIONS

Esbjerg

AVAILABLE LANGUAGES

English, Norwegian

The course refreshes and further develops the knowledge and practical skills required to provide life-saving first aid in cases of serious injury, illness or other emergencies, and to assist a nurse in the examination and treatment of patients.

Essential Information

Prerequisites

Participants must have completed a First Aid Basic Course or Medical First Aid training in accordance with STCW Table A-VI/4-1. Personnel who have not served in an emergency response role and have not completed emergency response training or equivalent training within the last 5 years must complete the basic course again.

Who is it for?

Personnel who form part of the overall first aid emergency response organisation, including: Members of first aid teams on fixed and floating offshore installations First aiders and MOB boat crew on emergency response vessels

Assessment

Participants are assessed throughout all practical training. If a participant does not successfully complete the practical training, the reason for the assessment outcome will be provided. At the end of the course, participants must complete: A practical assessment in basic first aid (ABC), including drowning scenarios A practical assessment in CPR using a semi-automatic defibrillator (AED) Participants who do not demonstrate achievement of the required competence objectives will not successfully complete the course.

Certification

Upon successful completion you will receive a refresher certificate valid for 2 years.

Course content

• Emergency Preparedness

First aid preparedness, organisation and responsibilities within the emergency response system.

• Patient Assessment

Systematic assessment of a patient's condition and identification of immediate treatment needs.

• Bleeding and Amputation

First aid for severe bleeding and traumatic amputation.

• Circulatory Shock

Recognition and first aid management of circulatory shock.

• General First Aid

Principles and practical application of first aid in emergency situations.

• Unconsciousness

Assessment and first aid management of an unconscious person.

• Abdominal Injuries

Recognition and first aid management of abdominal injuries.

• Head Injuries

Recognition and first aid management of head injuries.

- **Spinal Injuries**

First aid considerations for suspected back and neck injuries.

- **Fractures**

Recognition and first aid management of suspected fractures.

- **Chest Pain**

Recognition and first aid response to a person experiencing chest pain.

- **CPR**

Cardiopulmonary resuscitation for an unresponsive person without normal breathing.

- **Assisting a nurse with the administration of intravenous infusion.**

Recognition and first aid management of general hypothermia.

- **Multiple Casualties and Triage**

Management of an incident involving multiple casualties and practical triage at the scene.

- **Burns and Chemical Injuries**

First aid for burns and chemical injuries, including injuries involving electricity and radiation.

- **Blood Pressure**

Practical measurement of blood pressure.

- **Breathing Difficulties and Seizures**

First aid response to breathing difficulties and seizures.

- **Assisting with Infusion**

Assisting a nurse with the administration of intravenous infusion.

- **Mental Reactions and Stress**

Recognition of mental reactions and principles of stress management during emergencies.

- **Chest Injuries**

Recognition and first aid management of chest injuries.

Key Learning Objectives

01 L01 — Perform life-saving first aid for persons suffering from serious injury or illness.

02 L02 — Assist during the examination and treatment of patients.