



ABC First Aid & Safety Training Ltd.

FREE FIRST AID ANNUAL REFRESHER COURSE

Important: Please read these instructions carefully

DO NOT SIGN UP OR JOIN VIMEO.

JUST CLICK THE LINKS AND WATCH THE VIDEOS

Signing up requires proof of ID so do not click the link to log in or sign up/join.

Overview of annual refresher training

The UK Health and Safety Executive strongly recommend annual refresher training for first aid. They don't stipulate exactly how this training should be taken. We have designed this free online pack to allow you to do this quickly and efficiently.

You complete the online pack, including online test, and screenshot or print off your own cert at the end. When it asks for name you should enter name and today's date so you know when to do the next refresher. Store your dates in a calendar or diary as we don't remind you. Your cert will disappear shortly after it appears so immediately do a screenshot or photo of page so you have a record. You may wish to send it to your admin person as proof but that is up to individuals to arrange locally. We don't keep a record of your test once it is done, so will be unable to send you proof. You would need to do the test again.

How to watch our video's <https://vimeo.com/1176568775/1191ab7243?fl=tl&fe=ec>

This pack is 100% online – you can print it if you wish, but you need the online links to watch the videos and do the online test. Ideally do this course on a laptop or PC. (Bigger screen). It can all be done from your phone or tablet if that's all you have. Turn screen to landscape mode, ensure portrait lock is off and pinch out with your fingers or click the fill page arrows to make it full screen.

You should watch the video, return to the pdf, watch the next video – until you have watched them all – then click test link - enter name and today's date. Do test until you pass, then screenshot or photo pass page. Write date in diary for next annual refresher. Send cert to your admin person if needed.

Allow approx 30-60 minutes to complete this pack, including test.

Pass mark is 20/20 (100%).

Consider printing the final page as this is a useful acronym guide to many subjects and test answers.

Assistance and support - email us if you need us: info@abc-training.co.uk

START THE COURSE HERE

First Aid kit & barriers

<https://vimeo.com/abctraining/fakit?share=copy>

Dealing with minor injuries

<https://vimeo.com/abctraining/minorinj?share=copy>

Accident recording

<https://vimeo.com/abctraining/accidentrec?share=copy>

Calling emergency services

<https://vimeo.com/abctraining/callingemerg?share=copy&fl=sv&fe=ci>

Priorities of treatment

<https://vimeo.com/abctraining/priorities?share=copy>

Heart attack

<https://vimeo.com/abctraining/heartattack?share=copy>

Stroke

<https://vimeo.com/abctraining/stroke?share=copy>

Recovery position and Spinal injury management

<https://vimeo.com/abctraining/recoveryposition?share=copy>

Choking

<https://vimeo.com/abctraining/choking?share=copy>

CPR and Defibrillation

<https://vimeo.com/abctraining/cpranddefib?share=copy>

Patient assessment

<https://vimeo.com/abctraining/patientassessment?share=copy&fl=sv&fe=ci>

Bleeding and Shock

<https://vimeo.com/abctraining/bleedingshock?share=copy>

Catastrophic bleeding

<https://vimeo.com/abctraining/catbleed?share=copy>

Anaphylaxis & Anaphylactic Shock

<https://vimeo.com/abctraining/anaphylaxis?share=copy>

Seizures

<https://vimeo.com/abctraining/seizures?share=copy>

Time to do the test! ACCESS CODE IS BELOW (capital letters, no spaces)

FIRSTAID

Please read the instructions below before clicking on the test link

- **On the test page we are unable to change the box that asks for your name, so please add today's date after your name so you have the cert date for reference.**

Brenda Briggs – 01/08/2026 (for example)

- The link for the online test is at the bottom of this page.
- Each attempt max time is 20 minutes
- You can repeat the test **as many times as you like.**
- **If you don't pass you can click **DOWNLOAD** immediately** to see your results and see which ones to change next time. Green mark or tick next to answer means correct, red mark or cross means incorrect.
- When you have successfully completed the test you can download your results to see how you did. You just click the word **DOWNLOAD** after you have been given your results.
- **Do a screen shot of your 'success' screen so you can prove you have passed if requested. Please do not send us it.**

Click link below to open online test – use the access code **FIRSTAID**
IGNORE RETURN CODE. IT IS AN UNUSED FEATURE.
IF YOU HAVE TO DO TEST AGAIN ALWAYS USE FIRSTAID as ACCESS CODE.
Remember – add TODAY'S DATE on the same line after your name -
DO NOT JUST TYPE YOUR NAME.

<https://www.classroomclipboard.com/845016/Test/4D990A79-1223-467C-BEE7-4AE54356898B>

You may have to copy and paste into address bar if the link won't work on your device



Priorities of Treatment D - Danger R - Response - Call 999 if unresponsive <c> Catastrophic Bleed A - Airway (open) - Jaw thrust if spinal B - Breathing Check 10s C - Circulation - Blood loss, Circulatory problems D - Neurological Disability - ACPVU, consider Hypoglycaemia, Hypothermia, Head injury, Stroke, Heart Attack etc. E - Expose - Adjust/cut clothing as necessary to check for injury, rash etc and replace and keep warm/cool as required.	Different types of casualty 1. Unresponsive (uninjured) and Breathing - 999 Recovery Position 2. Unresponsive Not Breathing - 999, CPR and Defib 3. Responsive Not Breathing (choking) - Back blows and Thrusts 4. Responsive & Breathing Check further injuries etc Treat according to priorities	Levels of consciousness Alert Confused Voice Pain/Pressure Unresponsive CALLING 999 • Location • Incident • Other Services • Number of casualties • Extent of Injuries • Location again
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Stroke Balance Eyes Face Arms Speech Time to call 999 Heart Attack Indigestion, chest pain, numb, feel sick, short of breath Put in W position. Call 999. Consider 300mg aspirin to chew	Approx age	CPR ratio Compressions to breaths	Depth	Bleeding • Barrier • Lie or Sit • Examine • Pressure • Survey • Shock Tourniquet if needed & trained	Sprains • Rest • Ice • Comfort • Elevate Treat for shock
	Adult 19+	30-2	5-6cm		
	Adolescent 13-18	(5Br) 15-2	5-6cm		
	Child 1-12	(5Br) 15-2	1/3 chest		
	Baby 0-1	(5Br) 15-2	1/3 chest		
Seizures Calm Cushion Call 999 (follow any care plan if in place)	We deliver Courses in First Aid, Food Safety, Health & Safety, Care Sector, Schools & Childcare				

Breaks Support & Immobilise Sling arm if not calling ambulance Lower limb breaks will need ambulance	Burns Cool under Running water For at least 20 minutes If serious can cover with shiny dressing and cool. Seek medical advice for all child burns	Secondary Survey Injury Assessment • Pain (1-10) • Loss of power • Unnatural Mvmnt • Swelling • Deformity • Irregularity • Crepitus • Tenderness	Secondary Survey Illness Assessment • Signs & Symptoms • Allergies • Medication • Pre- Existing Cond • Last Meal/Drink • Events leading up
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