

# First-aid Rescue Worker - Skills maintenance



## LEVEL

Skills maintenance



## TARGET AUDIENCE / RELEVANT STAFF

Any agent certified First-aid Rescue Worker.



## OBJECTIVES

Maintain and update skills to respond effectively and safely to an accident at work situation, providing assistance to the victim(s).



## CONTENTS

### Theoretical

- Feedback on the actions taken in prevention and / or rescue.
- Examine the victim(s) for the implementation of the chosen action for the result to be obtained.
- Alert according to the emergency response plan of the company.
- Rescue the victim(s) appropriately.

### Practice

practical exercises / Situations.

Training based on the SST training standard of INRS.

## 🕒 Duration indicative basis

7 hrs / 1 day

## ☰ Prerequisites

First-aid Rescue Worker SST Initial Training.

## 📖 Method

- Démonstrations and professional situations.
- A qualified and experienced trainer provides the training action.

## ✍ Evaluation

- **Theoretical** : Validation test (INRS / SST training repository).
- **Practice** : Simulated simulation (INRS / SST training repository).

## 📅 Validity

Maximum 2 years.

## 👥 Contact

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