

# Occupational First Aider (SST) Refresher Training (MAC SST)



MAJ : FV le 23/06/2026

**Participants :** 4 to 10 participants.

**Prerequisites :** Participants must hold a valid or expired  
**Occupational First Aider (SST) Certificate.**

**Target Audience :** This training is intended for all employees, regardless of their position or sector of activity, who may be designated as Occupational First Aiders (SST) within their company.

## COURSE OBJECTIVES :

**Upon successful completion of the refresher training, participants will be able to :**

- Refresh and update their Occupational First Aid knowledge and practical skills.
- Reinforce their ability to prevent workplace accidents.
- Protect themselves, the victim and others.
- Assess emergency situations effectively.
- Raise the alarm efficiently.
- Deliver appropriate first aid until emergency services arrive.
- Use an Automated External Defibrillator (AED) safely.
- Continue contributing to occupational risk prevention within their organisation.

## TEACHING METHODS AND RESSOURCES

The course combines theory and extensive practical exercises, including:

- Interactive presentations.
- Demonstrations by experienced instructors.
- Practical workshops.
- Realistic workplace scenarios.
- Hands-on CPR and AED practice.
- Training equipment compliant with current standards.
- Company-specific risk scenarios whenever possible.

## COURSE ORGANISATION :

**Duration:** 1 day (7 hours)

### Delivery methods:

- In-company training (at the client's premises)
- Open courses (at one of our training centres)

Training dates are available on our website.

## TRAINERS :

Training is delivered by:

- An INRS-approved Occupational First Aid training organisation.
- Certified Occupational First Aid (SST) instructors.
- Experienced trainers with backgrounds in:
  - Fire and Rescue Services, Emergency Medical Services
  - Occupational Health and Safety

## CONTACT :

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## COURSE PROGRAMME :

### Module 1 – Review of the Occupational First Aider Role (SST)

- Legal framework, Employer responsibilities.
- Responsibilities of the Occupational First Aider.
- Occupational risk prevention. Updates to regulations and best practices. Feedback on participants' workplace experience.

### Module 2 – Protecting the Scene

- Hazard identification. Scene safety. Victim protection.
- Personal safety. Prevention of secondary accidents.

### Module 3 – Casualty Assessment

- Primary assessment. Identification of life-threatening emergencies. Recognition of warning signs.
- Prioritisation of emergency actions.

### Module 4 – Raising the Alarm

- Internal emergency procedures. Contacting emergency services. Delivering a complete emergency message. Coordination with emergency responders.

### Module 5 – Emergency First Aid

Practical management of:

- Severe bleeding. Choking. Medical emergencies. Burns. Wounds. Musculoskeletal injuries. Unconscious casualty breathing normally. Cardiac arrest (CPR).

### Module 6 – Automated External Defibrillator (AED)

- Recognition of cardiac arrest. Safe operation of the AED. Electrode pad placement. CPR coordination. AED safety procedures.

### Module 7 – Occupational Risk Prevention

- Hazard identification. Reporting unsafe situations. Risk prevention. Continuous improvement of workplace safety. Company-specific occupational hazards.

### Module 8 – Practical Scenarios

- Realistic workplace simulations. Company-specific scenarios. Practical application of first aid skills. Teamwork during emergency response.

## Teaching Methods and Resources

## ASSESSMENT

Participants are assessed continuously throughout the refresher course. Assessment includes:

- Practical emergency response scenarios.
- Continuous evaluation of practical skills.
- Review of occupational prevention competencies.

Participants who successfully validate all competencies required by the official INRS SST referential receive a renewed **Occupational First Aider (SST) Certificate**, valid for a further **24 months**.

Participants also receive:

- A renewed SST certificate.
- A first aid quick reference guide.
- Updated training materials.

