

FACT SHEET

DO FIRST AID CERTIFICATES EXPIRE?

We often get asked whether CPR and First Aid certificates expire and what are the industry recommended renewal requirements.

A First Aid certificate doesn't 'expire', but it does need to be refreshed at regular intervals to ensure the information is current and reflects best practice.

Being up to date with First Aid certifications isn't just about ticking a box; it's about ensuring you have the best possible knowledge and skills to save a life. At Allens Training we believe this is only possible if every home, workplace and public gathering has at least one person educated, equipped and prepared to provide First Aid.

REFRESHING YOUR FIRST AID CERTIFICATION

For people that specifically require first aid for the workplace, the **First Aid in the Workplace Code of Practice** provides the following guidance for workplace first aiders:

Frequency of training for first aiders

First aiders should attend training on a regular basis to refresh their first aid knowledge and skills and to confirm their competence to provide first aid. Refresher training in CPR should be carried out annually and first aid qualifications should be renewed every three years.

If you are a workplace first aider and it has been more than three years since you have renewed your certificate, you must complete the full Provide First Aid course again.

REFRESHING YOUR CPR CERTIFICATION

Because the process for Providing Cardiopulmonary Resuscitation (CPR) requires the use of specific equipment like a defibrillator, and because it is a skill that is not regularly practiced, the First Aid Code of Practice recommends the CPR qualification be renewed every year (annually).

PERSONAL FIRST AID CERTIFICATE

If you have done a First Aid Course for personal reasons instead of workplace obligations, you are not required by any type of regulations or codes of practice to update your course. However, to keep your knowledge and skills fresh, we do recommend the same renewal intervals as per the workplace requirements – 3 years for the full First Aid certificate and 12 months for CPR certification.

You can, of course, complete a First Aid course as often as you would like, there is no maximum number of courses you can complete in a set period of time.

WHAT DOES IT ALL MEAN?

Keeping your knowledge fresh and your First Aid and CPR skills current can undoubtedly save lives. This is why it is vital you keep your competency refreshed and current, as First Aid guidelines and techniques do change.

At Allens Training, we are at the forefront of ensuring all of your knowledge and skills are up to date with the most recent changes.

HOW WILL YOU KNOW WHEN TO RENEW YOUR FIRST AID CERTIFICATE?

We understand it can be hard to keep track of when you last did your first aid or CPR training. To assist you with this, Allens Training try to make it as easy as possible for you to stay current by sending out your industry recommended renewal reminders 30 days before due.