



FIRST AID COURSES

- 02 First Aid Training
- 03 First Aid at Work (FAW)
- 04 First Aid at Work Requalification
- 05 Emergency First Aid at Work (EFAW)
- 06 Emergency First Aid at Work (EFAW) OFQUAL
- 07 Level 3 Award in First Aid at Work OFQUAL
- 08 Annual Refresher Training
- 09 Level 2 Certificate in Paediatric First Aid
- 10 Level 2 Certificate in Sports First Aid
- 11 Emergency First Aid
- 12 Emergency First Aid Emergency First Aid for Specialist Groups
- 13 Basic Life Support
- 14 Automated External Defibrillation (AED) Training

First Aid Training



First aid training aims to teach the lay person techniques that will preserve life and help prevent a casualty's injury or illness becoming worse, until professional medical attention is available.

Employers have a responsibility to provide First Aid care on their premises for staff and have a duty of care toward visitors to their premises. They must ensure that First Aid provision is adequate and they have sufficiently qualified First Aiders at all times.

We are able to offer a full range of first aid training courses, which can be run at the client's venue, and regularly run open courses for individuals.

Our courses range from the 2 hour Basic Life Support course to the full 3 or 4 day First Aid at Work course dependent on you industry. We also run community first aid courses which can be tailored to your specific requirements.

These qualifications have also been accredited within the Qualifications and Credit Framework (QCF) and may be eligible for public funding as determined by the Department for Education (DfE) under Sections 96 and 97 of the Learning and Skills Act 2000. These qualifications can be delivered as CIEH (Chartered Institute of Environmental Health) or FAQ (Future Awards & Qualifications)

First Aid at Work

The 3 day First Aid at Work course and is generally accepted as the most advanced first aid training course for the layman, and is recommended for high risk industries. This qualification has been listed on the Qualifications Credit Framework (QCF) at: Level 3 and may be eligible for public funding as determined by the Department for Education (DfE) under Sections 96 and 97 of the Learning and Skills Act 2000.

The qualification is valid for 3 years and requires a 2 day requalification course which must be complete within 3 years to maintain the qualification.

The course is predominantly practical hands on training. The emphasis being to ensure that upon completion of the course, students will be both competent and confident dealing with accidents and injuries in the workplace.

Independent assessors carry out two practical assessments of each student on completion of the training and certificates awarded to everyone who is successful.

After completing a final practical assessment students receive a First Aid at Work certificate which complies with Health and Safety (first aid) Regulations 1981.

Since 1st October 2009 the HSE strongly recommends 3 hour annual refresher training for all levels of first aider in the workplace.

Course Content

- Legislation covering FAW regulations
- Legal responsibilities of a first aider
- Aims of first aid
- Main requirements of a first aider
- Effects of heat and cold
- Accident books
- Emergency response at the scene
- Cardio pulmonary resuscitation (CPR)
- Obstructed airway
- Unconscious casualty
- Bleeding and it's effect on the body
- Head injuries
- Diabetes, stroke, epilepsy
- Heart attack & Angina Burns
- Poisons
- First aid equipment & use of medication
- Keeping records & passing on information
- Fractures and muscular injuries
- Eye injuries
- Dangers of infection (blood borne viruses)

First Aid at Work - Requalification

This course is designed to refresh skills learnt on the initial 3 day First Aid at Work course. Since 1st October 2009 the HSE strongly recommends 3 hour annual refresher training for all levels of first aider in the workplace.

The refresher course must be completed within 3 years of the initial course to maintain the qualification.

Students must produce a valid certificate to enable them to attend this course. If a certificate has expired, the full 3 day course must be retaken (28 day period of grace may be given in exceptional circumstances)

Independent assessors carry out two practical assessments of each student on completion of the training and certificates awarded to everyone who is successful.

Emergency First Aid at Work (EFAW)

The 1 day Emergency First Aid at Work course is ideal for smaller workplaces with fewer health & safety risks.

This course enables the first aider to give emergency first aid to someone who has a minor injury or illness in their workplace.

The qualification is valid for 3 years and requires a repeat of initial course within that time to maintain the qualification.

The course is predominantly practical hands on training. Continual assessment throughout the course ensures students will be both competent and confident dealing with accidents and injuries in the workplace.

On completion of the course student receive an Emergency First Aid at Work certificate which complies with Health and Safety (first aid) Regulations 1981.

Since 1st October 2009 the HSE strongly recommends 3 hour annual refresher training for all levels of first aider in the workplace.

Course Content

- Choking
- Dangers of infection
- Wounds and minor bleeding
- Shock Legal responsibilities of a first aider
- Main requirements of a first aider
- First aid equipment & use of medication
- Seizures
- Keeping records & passing on information
- Accident books
- Emergency response at the scene
- Cardio pulmonary resuscitation (CPR)
- Obstructed airway
- Unconscious casualty

Emergency First Aid at Work Level 2 (OFQUAL)

This first aid training course is accredited with the Office of the Qualifications and Examinations Regulator (QFQUAL) and the Welsh Assembly Department for Children, Education, Lifelong Learning and Skills (DCELLS) through FAQ.

The course qualifies candidates for vocationally related qualifications which attract funding under Section 96 and/or Section 97 of the Learning and Skills Act 2000 and are eligible to be used to qualify candidates taking part in ESF, DAQW and SME funded programmes. The Level 2 Certificate in Emergency First Aid at Workplace provides candidates with an opportunity to study and be assessed for both the practical and knowledge aspects of emergency first aid in a workplace environment.

Course Content

- Legal responsibilities of a first aider
- Main requirements of a first aider
- First aid equipment & use of medication
- Keeping records & passing on information
- Accident books
- Emergency response at the scene
- Cardio pulmonary resuscitation (CPR)
- Obstructed airway
- Unconscious casualty
- Choking
- Dangers of infection
- Wounds and minor bleeding
- Shock
- Seizures

Assessment

Candidates will be internally assessed against the assessment criteria of the qualification using a marking guide by the trainer and through continual observation of practical skills.

The content of this qualification meets the requirements of the Health and Safety (First Aid) Regulations 1981 for appointed persons in the workplace and will qualify the candidate to take on the role of the Emergency First Aider (EFAW).

Since 1st October 2009 the HSE strongly recommends 3 hour annual refresher training for all levels of first aider in the workplace. (This is not regulated by OFQUAL)

Level 3 Award in First Aid at Work (OFQUAL)

As of 1 January 2013 Employers need to be aware that Awarding Organisations regulated by Ofqual, the Scottish Qualifications Authority (SQA) and the Welsh Government Department for Education and Skills (DfES Wales) will be permitted to award a qualification in First Aid at Work (FAW) which will be accepted by HSE for the purposes of compliance with regulation 3(2) of the Health and Safety (First-Aid) Regulations 1981.

This new comprehensive Level 3 Award in First Aid at Work (QCF) is 3 day course and is for learners intending to act as a first Aider in the workplace. This course is accredited with the Office of the Qualifications and Examinations Regulator (QFQUAL) and the Welsh Assembly Department for Children, Education, Lifelong Learning and Skills (DCELLS) through FAQ.

The course qualifies candidates for vocationally related qualifications which attract funding under Section 96 and/or Section 97 of the Learning and Skills Act 2000 and are eligible to be used to qualify candidates taking part in ESF, DAQW and SME funded programmes.

Candidates will be internally assessed against the assessment criteria of the qualification using a marking guide by the trainer and through continual observation of practical skills.

Course Content

- Legislation covering FAW regulations
- Legal responsibilities of a first aider
- Aims of first aid
- Main requirements of a first aider
- First aid equipment & use of medication
- Keeping records & passing on information
- Accident books
- Emergency response at the scene
- Cardio pulmonary resuscitation (CPR)
- Obstructed airway
- Unconscious casualty
- Dangers of infection (blood borne viruses)
- Bleeding and it's effect on the body
- Head injuries
- Diabetes, stroke, epilepsy
- Heart attack & Angina
- Burns
- Fractures and muscular injuries
- Eye injuries
- Poisons
- Effects of heat and cold

Candidates will be internally assessed against the assessment criteria of the qualification using a marking guide by the trainer and through continual observation of practical skills.

Annual Refresher Training

It is strongly recommended by the HSE for employers to help qualified first aiders maintain their skills and keep up to date with any changes in first aid procedures by providing them with 3 hour annual refresher training.

Course Content

- Legislation changes (where relevant)
- Scene assessment in an emergency
- Administration of first aid on an unconscious casualty
- CPR
- Control of bleeding including treatment of shock

Level 2 Certificate in Paediatric First Aid (OFQUAL)

This first aid training course is accredited with the Office of the Qualifications and Examinations Regulator (QFQUAL) and the Welsh Assembly Department for Children, Education, Lifelong Learning and Skills (DCELLS) with FAQ

The course qualifies candidates for vocationally related qualifications which attract funding under Section 96 and/or Section 97 of the Learning and Skills Act 2000 and are eligible to be used to qualify candidates taking part in ESF, DAQW and SME funded programmes.

The Level 2 Certificate in Paediatric First Aid is a vocationally related qualification that provides candidates with an opportunity to study and be assessed in both practical and theoretical aspects of primary and secondary care of paediatric first aid. A minimum of 14 guided learning hours (2 days).

Course Content

- Emergency Planning
- Recording and reporting accidents
- First aid kits
- Incident management
- Management of an unconscious baby & child
- Choking and obstructed air way
- Breathing disorders including whooping cough and croup
- Control of bleeding and Shock
- Burns and scalds
- Electric shock
- Fractures including spinal neck and head
- Poisons and allergic reactions including anaphylaxis, bites and stings
- Cleansing of wounds
- Nose bleeds
- Foreign object in the eyes, ears and nose
- Extremes of temperature including febrile convulsions

Recognition of childhood illness including:-

- Meningitis
- Epilepsy
- Sickle cell
- Diabetes
- Measles
- Chicken pox

Assessment

Internal Assessment - Practical assessment of skills combined with oral questioning of underpinning knowledge and understanding covering the entire qualification.

The contents of this course complies with Surestart guidelines and the requirements of the National Childminders Association (NCMA) / Pre-school Learning Alliance (PSLA).

Level 2 Certificate in Sports First Aid

This first aid training course is accredited with the Office of the Qualifications and Examinations Regulator (QFQUAL) and the Welsh Assembly Department for Children, Education, Lifelong Learning and Skills (DCELLS).

The course qualifies candidates for vocationally related qualifications which attract funding under Section 96 and/or Section 97 of the Learning and Skills Act 2000 and are eligible to be used to qualify candidates taking part in ESF and SME funded programmes.

The Level 2 Certificate in Activities First Aid is a vocationally related qualification that provides candidates with an opportunity to study and be assessed in both practical and theoretical aspects of first aid in a sport and activity environment. This is a 14 hour (2 day) course and provides candidates with the skills, knowledge and understanding of first aid to enable them to provide appropriate care and manage of life threatening conditions, illness and injuries.

Course Content

- Scene of the incident/reporting/first aid equipment
- Cardio pulmonary resuscitation (CPR)
- Unconscious casualty management
- Choking/obstructed airway /asthma/anaphylaxis
- Airway Management
- Bleeding/wounds
- Shock
- Injuries to bones, muscles and joints Inc: head, neck and spinal injury
- Burns
- Illnesses i.e. diabetes. epilepsy, heart attack

Assessment

Internal Assessment - Practical assessment of skills combined with oral questioning of underpinning knowledge and understanding covering the entire qualification.

Approvals

The content of this qualification meets the requirements of the Health and Safety (First Aid) Regulations 1981 for appointed persons in the workplace and will qualify the candidate to take on the role of the Emergency First Aider. Candidates will still need to complete a full First Aid at Work course if they will be required to be a First Aid at Work provider

Emergency First Aid

General first aid courses for all age groups, covering most emergency first aid situations. These courses are almost entirely practical hands on training and are designed to teach people practical skills, which they can use in an emergency situation.

4 Hour Course

Our 4 hour course teaches students how to deal with an emergency scene, how to assess and prioritise casualties, familiarisation with contents of first aid kit. Students are taught how to carry out CPR (cardio pulmonary resuscitation) and how to deal with major life threatening conditions such as how to care for an unconscious casualty, how to control bleeding, how to recognise and treat a heart attack, the treatment of shock and choking.

1 Day Course

Our 1 day course includes all of the topics covered in the 4 hour course, but in far greater detail and allowing more hands on practice. This course includes additional subjects such as the treatment of burns and fractures, recognition and treatment of diabetes and epilepsy, how to treat head and spinal injuries, and an introduction to CPR for infants and young children.

Feel free to discuss your requirements when contacting us and we can adapt all courses to suit your needs

Emergency First Aid for Specialist Groups

The Emergency First Aid course can be adapted to suit almost any group/environment. Courses can be run as 4 hour, or over 1 or 2 days dependant on the depth of knowledge required. Listed below are some of the specially adapted courses available.

- Sports
- Climbers
- Children
- Teachers
- Road Users
- Youth Leaders
- Ramblers
- Field Sports (angling, shooting etc)
- Public Transport
- Retail Sector

If your particular intrest group is not listed above please do not hesitate to contact us to discuss your requirements.

Basic Life Support

2 hour course designed to give people with no previous experience, a basic knowledge of lifesaving first aid covering Cardio Pulmonary Resuscitation (CPR) and care of an unconscious casualty.

CPR is the external massaging of the heart to circulate oxygen around the body and breathing into the casualty to replenish the oxygen supply. Although a major lifesaving action it is surprisingly easy to learn CPR and during the course students will learn how to effectively externally massage the heart and maintain the casualties breathing until the arrival of expert medical help.

Automated External Defibrillation (AED) Training

AED 1

6 hour course. Designed for students with no prior first aid training or without recent CPR training. The students are taught CPR and the effective use of AEDs in the workplace. Students are required to update every 6 months.

AED 2

4 hour course. Abbreviated version of the AED 1 course. Students must be competent in CPR prior to this course and will be assessed at the beginning of the course. Students are required to update every 6 months.

AED 3

3 Hour Requalification course required every 6 months maintaining AED skills.