

## AUTOMATED EXTERNAL DEFIBRILLATOR (AED) TRAINING (1/2 DAY)

**Sudden Cardiac Arrest Kills nearly 200,000 people every year. Having simple AED equipment and trained staff on site allows early defibrillation (before an ambulance can get to you) which can increase the chances of survival from 5% to 80%.**

The equipment is very simple, very safe and can be safely used with only 4 hours training. All diagnostic 'decisions' are made by the AED – with the operator following verbal prompts only.

In the US (where AED's have been available for many years) very few legal cases have arisen from the use of AED equipment - but many organisations have been successfully litigated against for NOT having AED equipment in place.

In the UK the government is encouraging the use of AED's by non-medical operators through its 'National Defibrillator Programme'. At present there is no statutory legal requirement under English law to provide a defibrillator, but liability may arise under common law for failure to take adequate safeguards to protect the public present at a facility. In practice this may be particularly relevant in large workplaces, retail areas public attractions or sports & leisure facilities (particularly where people undertake physical exercise). The Resuscitation Council (UK) suggests that a risk assessment should indicate AED training where 'The frequency of cardiac arrest is such that there is a reasonable probability of the use of an AED at least once in 5 years'.

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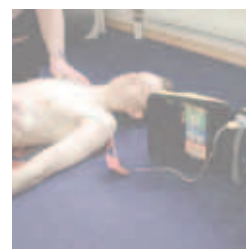
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**AED Training assumes that candidates have First Aid or basic CPR skills. For candidates with no previous training, AED courses can be cost-effectively combined with Basic Life Support, Appointed Person or First Aid at Work Training Courses.**

### AED COURSE CANDIDATES WILL LEARN:

- Revision & update of CPR & basic life support
- Understating cardiac arrest how the AED Reverses it
- Safety in AED use and first aid
- Choosing, storing, using & checking AED equipment
- Management of a cardiac arrest situation
- Management of a recovering casualty



### AED TRAINING - SUMMARY

<b>Course Duration</b>	1/2 Day (Min 4 Hours)
<b>Assessment (Written)</b>	No
<b>Assessment (Practical)</b>	Safety assessment and simulations using AED equipment
<b>Course Locations</b>	In Company training only.
<b>Certification</b>	Certificate Awarded
<b>Validity</b>	6 Months (Resuscitation Council Guidelines)



## APPOINTED PERSON FIRST AID COURSE (1 DAY)

The Health & Safety (First Aid at Work) Regulations 1981 state that all employers have a legal obligation to make emergency first aid provision for their employees.

Appointed person training is ideal for low-risk or small workplaces, or to supplement and assist fully qualified first aiders in other workplaces.

Candidates will learn basic life-saving first aid techniques as well as how to take control of an emergency situation and how to ensure the workplace is prepared for medical emergencies.

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### CANDIDATES WILL LEARN:

- Resuscitation (CPR)
- Treatment of heart attacks & cardiac emergencies
- Treatment of unconscious casualties
- Dealing with choking patients & airway obstructions
- Priorities of first aid & casualty assessment
- Personal safety and scene safety in first aid
- Control of serious bleeding
- Choosing & equipping first aid kits at work
- Responsibilities of a first aider at work
- Record keeping & accident reporting



### APPOINTED PERSON FIRST AID - SUMMARY

<b>Course Duration</b>	1 Days (0900-1630)
<b>Assessment (Written)</b>	No
<b>Assessment (Practical)</b>	No
<b>Course Locations</b>	Courses run at various convenient locations: See Separate Information Sheet or call for availability.
<b>In-Company Training</b>	Available
<b>Certification</b>	Certificate of attendance
<b>Validity</b>	Three Years
<b>Cost</b>	See Current Price List or Call for information
<b>Discounts</b>	Available for in - company courses or multiple places on open courses

Note: Appointed Person training can be combined with AED (Automated External Defibrillator) or Oxygen Equipment training where required.

## FIRST AID AT WORK (4 DAYS)

The Health & Safety (First Aid at Work) Regulations 1981 state that all employers have a legal obligation to make emergency first aid provision for their employees.

Successful candidates on this course qualify as workplace first aiders (as defined by the regulations). Qualifications last for 3 years.

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### CANDIDATES WILL LEARN:

- Resuscitation (CPR)
- Treatment of Heart Attacks & Cardiac Emergencies
- Treatment of unconscious casualties
- Dealing with choking patients & airway obstructions
- Priorities of first aid & Casualty assessment
- Personal Safety and Scene Safety in First Aid
- Treating Shock
- Dealing with Burns & Scalds
- Control of Serious Bleeding
- Dealing with Fractures, Strains & Strains
- Identifying and dealing with Medical Emergencies & Serious Illness
- Diabetic Emergencies
- Heatstroke
- Hypothermia
- Poisoning
- Choosing & equipping first aid kits at work
- Responsibilities of a First Aider at work
- Record keeping & accident reporting



### FIRST AID AT WORK - SUMMARY

<b>Course Duration</b>	4 Days (0900-1700)
<b>Assessment (Written)</b>	Yes: Multi Choice Paper
<b>Assessment (Practical)</b>	Yes: Assessments based on simulated medical scenarios
<b>Course Locations</b>	Courses run at various convenient locations: See Separate Information Sheet or call for availability.
<b>In-Company Training</b>	Available
<b>Certification</b>	Certificate Awarded to all successful candidates
<b>Validity</b>	3 Years from date of issue
<b>Cost</b>	See Current Price List or Call for information
<b>Discounts</b>	Available for in – company courses or multiple places on open courses

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## FIRST AID AT WORK RE-QUALIFICATION (2 DAYS)

This course is for those holding a current First Aid at Work certificate and can be taken at any point during the 3-year certification period. Successful candidates will be awarded a new First Aid at Work certification, valid for a further three years.

Note: HSE regulations do not allow any candidate to be re-certified as a first aider unless they hold a **current** First Aid at Work Certificate **at the time of the Re-Qualification course**.

Employers and candidates are asked to check that their existing first aid certificate is a First Aid at Work qualification (i.e. that it states that it complies with the First Aid at Work Regulations (1981), that it is in date on the first day of the re-qualification. Where we did not issue the original qualification the certificate must be produced as proof of qualification.

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### CANDIDATES WILL HAVE THE OPPORTUNITY TO:

- Learn about updates and revisions to current practices in first aid
- Thoroughly revise all aspects of the first aid at work syllabus
- Practice practical treatment techniques that may not have been used for 3 years
- Discuss any issues or concerns encountered in their duties as a work-place first aider
- Complete a multiple choice assessment
- Complete a practical assessment based on simulated accidents
- Discuss any revisions to HSE and first aid at work legislation



### FIRST AID AT WORK RE-QUALIFICATION - SUMMARY

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<b>Assessment (Written)</b>	Yes: Multi Choice Paper
<b>Assessment (Practical)</b>	Yes: Assessments based on simulated medical scenarios
<b>Course Locations</b>	Courses run at various convenient locations: See Separate Information Sheet or call for availability.
<b>In-Company Training</b>	Available
<b>Certification</b>	Certificate Awarded to all successful candidates
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