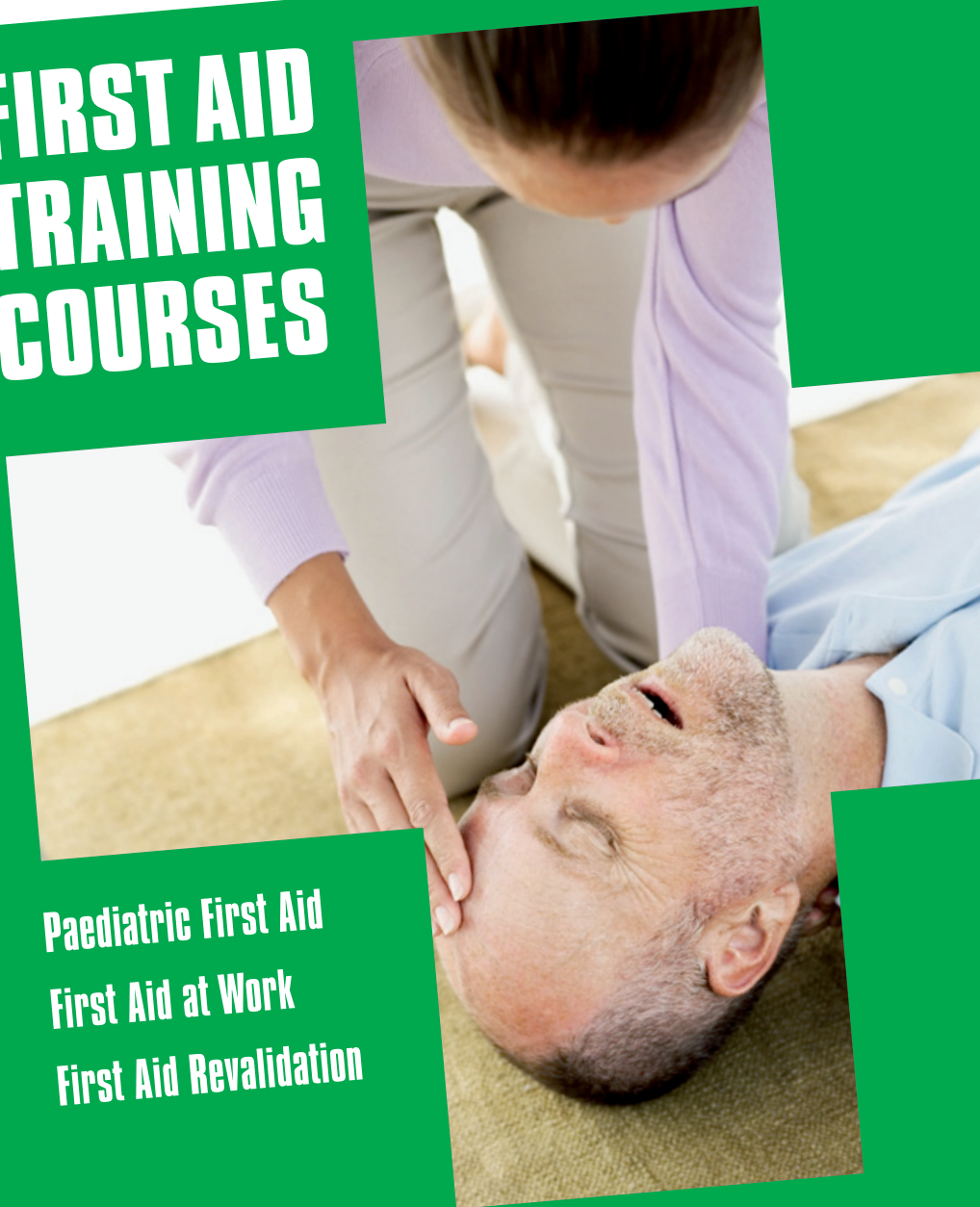


Training and
development



FIRST AID TRAINING COURSES



Paediatric First Aid
First Aid at Work
First Aid Revalidation



**“NOBODY SHOULD
DIE BECAUSE THEY
NEED FIRST AID”**

St John Ambulance

Save a life! With our first aid training you can learn the basic techniques to help in an emergency situation both in and outside the workplace.

All courses take place at the Training and Development Unit, Adult Learning and Skills, Macbeth Centre, Macbeth Street, W6 9JJ.

Book your place now, send an email to Lisa Lamb: lisa.lamb@lbhf.gov.uk or call the training and development unit on **020 8753 6335**.

Additional courses start throughout the year – please visit our website www.hfals.co.uk or call for details.



PAEDIATRIC FIRST AID

This paediatric first aid course meets the requirements of the Early Years foundation stage statutory framework.

Who should attend?

This course is for people working with younger children – those up to eight years old – or working towards an NVQ in Childcare and Education.

What will I learn?

The course covers how to deal with accidents and emergencies involving young children.

Course content

- First aid kit
- Action planning
- Resuscitation of, child, baby and adult
- Treatment of an unconscious casualty
- Choking
- Asthma
- Diabetes
- Head injuries
- Epilepsy, seizures (including febrile convulsions)
- Wounds and bleeding
- Burns
- Sprains, strains and fractures
- Poisoning
- Childhood conditions (e.g. meningitis, croup, sickle cell)

Assessment and certification

Continuous assessment by trainer.

Course duration

Two days.

Course cost

£150 per person.

Course dates 2012

Monday 23 and Tuesday 24 January
9.30am - 5.00pm

Saturday 4 and Saturday 11 February
9.30am - 4.30pm*

Monday 5 and Tuesday 6 March
9.30am - 5.00pm

Saturday 21 and Saturday 28 April
9.30am - 4.30pm*

Monday 28 and Tuesday 29 May
9.30am - 5.00pm

*Saturday dates over two weeks.

FIRST AID AT WORK

This course covers the practical skills needed by a first aider in the modern workplace.

The course will give you the confidence and knowledge to deal with first aid emergencies.

Who should attend?

Nominated workplace first aiders, or anyone wanting a comprehensive introduction to first aid.

What will I learn?

The course will give you the knowledge and confidence to deal with a first aid emergency in the workplace and at home.

Course content

- Accidents and illness
- Using a first aid kit
- Simple record keeping
- Treatment of an unconscious casualty
- Heart attacks
- Resuscitation
- Shock

- Choking
- Bleeding
- Burns and scalds
- Poisoning
- Fractures
- Seizures
- Asthma
- Severe allergic reaction
- Eye injuries
- Low blood sugar
- Fainting

Assessment and certification

After completing a final assessment successful candidates receive an HSE (Health and Safety Executive) approved certificate valid for three years. This course is legally compliant with the current Health and Safety (first aid) Regulations 1981. Upon successful completion of this three day course, first aiders receive certification to allow them to practise for three years after which a requalification course becomes necessary.

Course duration

Three days.

Course cost

£250 per person.

Course dates 2012

Mon 16, Tues 17 and Weds 18 January
9.30am - 5.00pm

Mon 12, Tues 13 and Weds 14 March
9.30am - 5.00pm

Mon 14, Tues 15 and Weds 16 May
9.30am - 5.00pm





FIRST AID REVALIDATION

This course updates the first aid skills for people who need to renew their statutory First Aid at Work certificate and whose existing certificate is still valid.

Who should attend?

This course is for people wishing to renew a valid first aid at work certificate. First aiders whose certificates have expired for more than 28 days must attend the three day First Aid at Work course. Please note that you need to have completed this course before the 28 days after expiry of your certificate are up.

What will I learn?

The course aims to update and refresh your knowledge of the First Aid at Work syllabus, while allowing time for revision and practice sessions in preparation for a final assessment.

Course content

The course includes an update of first aid knowledge and skills and a revision of workplace requirements.

Course duration

Two days.

Assessment and certification

Successful candidates receive the full HSE-approved First Aid at Work certificate valid for three years after completing a practical skills test.

Course cost

£150 per person.

Course dates 2012

Monday 30 and Tuesday 31 January
9.30am - 5.00pm

Monday 27 and Tuesday 28 February
9.30am - 5.00pm

Monday 30 April and Tuesday 1 May
9.30am - 5.00pm

Monday 21 and Tuesday 22 May
9.30am - 5.00pm

Additional first aid courses start throughout the year. For details visit www.hfals.co.uk or call **020 8753 6335**

TO MAKE A BOOKING

For further information and to book a place on a course, please send an email to Lisa Lamb: lisa.lamb@lbhf.gov.uk or call the training and development unit on 020 8753 6335. You can also book online at www.hfals.co.uk

Training and Development Unit
Macbeth Centre, Macbeth Street, W6 9JJ

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