

COURSE DETAILS

Max No of Students: 12
Course Duration: Half day



**BASIC
EMERGENCY
FIRST AID**

COURSE SUMMARY

This course has been designed for establishments with qualified First Aiders already in place, to be able to deal effectively with a medical emergency until the arrival of a qualified first aider or the emergency services.

COURSE CONTENTS

- ✓ Managing an incident
- ✓ Disorders of the Airway
- ✓ Resuscitation
- ✓ Safe use of an Automated External Defibrillator
- ✓ Unconsciousness/Recovery positions
- ✓ Choking
- ✓ Epilepsy
- ✓ Burns/Scalds
- ✓ Control of Bleeding
- ✓ Bandaging
- ✓ Fractures
- ✓ Head Injuries

CERTIFICATION

Successful candidates will be awarded the **Basic Emergency First Aid Certificate**, which will be valid for 3 years.

FURTHER INFORMATION

Assessment method: Activities, test paper, practical assessment

Ofqual accredited: Yes on request

Pre-requisite: None

Suggested progression:

- ✓ Recommended Annual Refresher Training
- ✓ Mandatory Requalification every three years by re-taking one-day course
- ✓ Option to upgrade to the First Aid at Work 3 day qualification

COURSE DETAILS

Max No of Students: 12

Course Duration: 1 day



EMERGENCY FIRST AID AT WORK

COURSE SUMMARY

Candidates successfully completing this course will be entitled to act as a first aider in the workplace. This Emergency First Aid at Work course may be more suitable whereby a needs assessment has identified a low-risk work environment. This course complies with the Health & Safety (First-Aid) Regulations 1981 (Appendix 6 Content of an Emergency First Aid at Work (EFAW) Course).

Note: The Emergency First Aid at Work course is unit 1 and day 1 of the First Aid at Work 3 day course

COURSE CONTENTS

- ✓ Roles and responsibilities of a first aider
- ✓ Cross infection
- ✓ Recording incidents and actions
- ✓ Use of available equipment
- ✓ Assessing an incident
- ✓ Unconscious casualties (including seizure)
- ✓ Cardio pulmonary resuscitation
- ✓ Safe use of an Automated External Defibrillator
- ✓ Choking
- ✓ Wounds and bleeding
- ✓ Shock
- ✓ Minor injuries (including small cuts, grazes and bruises, minor burns and scalds, small splinters)

CERTIFICATION

Successful candidates will be awarded the **FRFA Level 3 Emergency First Aid at Work certificate**

FURTHER INFORMATION

Assessment method: Activities, test paper, practical assessment

Ofqual accredited: Yes on request

Pre-requisite: None

Suggested progression:

- ✓ Recommended Annual Refresher Training
- ✓ Mandatory Requalification every three years by re-taking one-day course
- ✓ Option to upgrade to the First Aid at Work 3 day qualification

COURSE DETAILS

Max No of Students: 6

Course Duration: 3.5 hours max



EVACUATION CHAIR OPERATOR & ASSISTANT

COURSE SUMMARY

The Regulatory Reform (Fire Safety) Order 2005 requires that all people using the building be provided with adequate means of escape in case of fire. This includes a suitable escape plan for mobility-impaired persons. In addition, anyone permitted into a building must be safely evacuated in an emergency without the dependence on the emergency services.

This theoretical and practical course is designed to train key members of staff whose employer has given them the responsibility to assist in the evacuation of the mobility impaired within their premises. At the end of this module, the student will have knowledge & understanding of the Evac chair and how & when to operate the chair safely. They will also have had to demonstrate practically their ability to use the chair in a safe & controlled manner.

In most cases, evacuation of people using a typical evacuation chair is a two-person task, so having an assistant is a significant physical and psychological advantage for all involved, not least the evacuee! This course covers both the Chair Operator & Assistant roles.

COURSE CONTENTS

- ✓ Legislation
- ✓ Risk Assessment
- ✓ Who may benefit from using a chair
- ✓ Personal Emergency Evacuation Plans
- ✓ Evacuation Plan (Confirmed Fire Condition, Escape Routes, Escape Signs)
- ✓ Where is your Evac Chair located
- ✓ Deployment of the chair
- ✓ Safe operation of the chair
- ✓ Returning the chair to its storage position
- ✓ Summarise
- ✓ Q/A

CERTIFICATION

Following successful completion of the course and assessments, you will receive either Evacuation Chair Operator Certificate or Evacuation Chair Assistant Certificate.

FURTHER INFORMATION

For participants in the course who, in their or our assessment, may not meet the criteria to be recognised as a proficient evacuation chair operator, we provide the opportunity for them to attain certification as an evacuation chair assistant.

COURSE DETAILS

Max No of Students: 12
Course Duration: 3.5 hours



**FIRE MARSHAL
INC. PRACTICAL
FIRE
EXTINGUISHER
TRAINING**

COURSE SUMMARY

This theoretical and practical course is designed for Fire Wardens and includes the practical use of fire extinguishers on a real fire.

To comply with the Regulatory Reform (Fire Safety) Order 2005 that covers general fire safety in England and Wales, you are required to ensure your workers receive appropriate training on procedures they need to follow, including fire drills.

COURSE CONTENTS

- ✓ Legislation
- ✓ Emergency Signage
- ✓ General fire prevention and hazard spotting
- ✓ General evacuation procedures – all persons
- ✓ Fire combustion
- ✓ Know your extinguishers
- ✓ Q&A + Quiz Round
- ✓ Practical use of fire extinguishers
- ✓ The Role of a Fire Warden.
- ✓ (For Nominated Personnel
- ✓ Short / Test Examination

CERTIFICATION

All delegates who complete the course will receive a **Certificate of Attendance**.

FURTHER INFORMATION

Our gas fired training rig provides safe, yet realistic live fire extinguisher training for course attendees, in addition further safety measures are provided with a safe area being provided with safety cones and 'Live Fire Training' signage to the perimeter.

COURSE DETAILS

Virtual Training Course
Course Duration: 2-3 hours


**HEALTH
& SAFETY
AWARENESS**

COURSE SUMMARY

This Health and Safety Awareness Training course is an introductory overview of health and safety issues for health and social care and childcare staff. The course can be used to form part of the induction training or a annual refresher training to ensure everyone has a fundamental understanding of the health and safety requirements within the workplace.

COURSE CONTENTS

- ✓ Legislation
- ✓ Risk assessments
- ✓ Employers legal duties
- ✓ Induction and training
- ✓ Main health and safety issues

CERTIFICATION

Upon successful completion of this course, as well as lots of new skills, you will have earned a CPD Certificate of Attendance

COURSE DURATION

This virtual training course is typically delivered over 2-3 hours.

FURTHER INFORMATION

To access the course learners must have access to a computer with video and audio enabled. This course can also be delivered face-to-face to groups. Please contact us for more information.

COURSE DETAILS

Max No of Students: 16
Course Duration: 6 hours


**LEVEL 2 AWARD
IN FIRST AID FOR
MENTAL HEALTH**

COURSE SUMMARY

This 6-hour qualification provides learners with the knowledge to recognise a range of mental health conditions, how to start a supportive conversation and when and how to signpost a person to seek appropriate professional help. Learners will know how to recognise and manage stress and understand the impact of substance abuse. They will learn about the first aid action plan for mental health, be able to put it in place and know how to implement a positive mental health culture in the workplace.

Learners will not diagnose or treat mental health conditions as this can only be carried out by healthcare professionals but will gain the knowledge to identify when a person may have a condition and know where they can go to get help.

COURSE CONTENTS

1. Know what mental health is, why people develop mental health conditions and the role of a First Aider for mental health.

- ✓ Define mental health
- ✓ Indicate understanding of the stigma surrounding mental health
- ✓ Identify factors that can affect a person's mental health
- ✓ Understand the role of a First Aider for mental health

2. Know how to provide advice and practical support for a person presenting a mental health condition.

- ✓ Outline the advice that should be provided to a person suffering from a suspected mental health condition
- ✓ Know when to contact the emergency services in respect of first aid for mental health

3. Know how to recognise and manage stress.

- ✓ Identify signs of stress
- ✓ State how stress can be managed

4. Know how to recognise a range of mental health conditions.

- ✓ Identify signs and/or symptoms for the following mental health conditions:
 - Depression
 - Anxiety
 - Psychosis
 - Eating disorders
 - Suicide
 - Self-harm

5. Understand the impact of substance abuse on mental health.

- ✓ State potential effects of alcohol and drug abuse on a person's mental health

6. Understand the first aid action plan for mental health and be able to put it in place

- ✓ Demonstrate the application of the first aid action plan for mental health

7. Know how to implement a positive mental health culture in the workplace.

- ✓ State key factors in providing a positive mental health culture in the workplace
- ✓ Know how to implement a positive mental health culture in the workplace

CERTIFICATION

This qualification is regulated in the UK and awarded by First Aid Awards (FAA). FAA are an Awarding Organisation regulated by Ofqual and the qualification sits on the Regulated Qualifications Framework (RQF).

Successful learners will be awarded the **Level 2 Award in First Aid for Mental Health** and it will be valid for three years.

COURSE DETAILS

Max No of Students: 10
Course Duration: 1 day



**PEOPLE
MOVING &
HANDLING**

COURSE SUMMARY

In health and social care services, moving and handling injuries account for 40% of work-related sickness absence. Around 5000 moving and handling injuries are reported each year in health services and around 2000 in social care.

Moving and handling is a key part of the working day for most employees; from moving of equipment, laundry, catering, supplies or waste to assisting residents in moving.

Over 50% of injuries arise from the moving and handling of people.

Poor moving and handling practice can lead to:

- ✓ Back pain and musculoskeletal disorders, which can lead to inability to work
- ✓ Moving and handling accidents – which can injure both the person being moved and the employee
- ✓ Discomfort and a lack of dignity for the person being moved

This Initial course has been designed to enable trainees to be able to carry out People Moving & Handling techniques correctly and helping to prevent the above bullet points.

This course is ideal for those working in the care environment, who have had no previous training; candidates will practice tasks using beds, hoists and chairs as relevant to their role and setting.

COURSE CONTENTS

- ✓ Introduction to Safer handling people
- ✓ Legal Requirements
- ✓ Spinal Awareness
- ✓ Importance of posture
- ✓ Causes of injury / how to avoid them
- ✓ Risk assessment (TILE)
- ✓ Principles of safer handling
- ✓ Controversial handling techniques
- ✓ Selection of use moving & handling equipment
- ✓ Practical session, including problem-solving

CERTIFICATION

Successful candidates shall be awarded with a **People Moving & Handling certificate of competence**

FURTHER INFORMATION

Please note: This course is for a Maximum of 10 candidates per trainer.