



## Surrey First Aid Training

providers of First Aid and Health & Safety Training in the South East

**01483 238 268**



[www.surreyfirstaid.com](http://www.surreyfirstaid.com)

## About Surrey First Aid Training

Surrey First Aid Training is a leading provider of First Aid and Health & Safety training. We offer approved courses for a broad range of clients from large corporations to small businesses, community groups, sports & leisure centres, health clubs, outdoor activity centres, schools, playschemes, nursery schools, creches, childminders and parents.

We are a Health & Safety Executive approved organisation and all our trainers and assessors are professionally qualified and highly experienced.

Our training programmes are carefully designed to equip attendees with the skills, knowledge and confidence to administer first aid effectively and appropriately.

In addition to the courses we run at selected venues through out the South East, we are able to organise competitively priced in-house training for our clients. Courses may be tailored to suit your requirements and we are able to deliver your course during the day, evening or weekend.



### Further information

For further information about any of our courses including dates, venues and prices, please call us on 01483 238 268 or email [enquiries@surreyfirstaid.com](mailto:enquiries@surreyfirstaid.com).

We are an HSE approved organisation no. 77-00 and a member of the Chartered Institute of Environmental Health.

Surrey First Aid Training is a limited company no 6150189. Registered address is 4 Saxton House, Parklands Business Park, Guildford, Surrey, GU2 9JX.



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## First Aid at Work (FAW)

NVQ level 2 equivalency

The Health and Safety (First Aid) Regulations place a duty on all employers to ensure there is adequate first aid provision, including first aid trained personnel and approved first aid equipment, in the workplace. Personnel appointed to administer first aid and manage first aid responsibilities must have undergone approved training and hold a current First Aid at Work Certificate.

Our First Aid at Work courses are approved by the Health & Safety Executive and prepare students to deal appropriately and competently with illness and injuries in the workplace.

This course may be run either at one of our venues or in-house at your premises. We also run open house courses at our venues through out the year.

On successful completion delegates will be awarded a First Aid at Work certificate.

### Course Programme

#### Session One

- The principles of first aid
- Management of unconsciousness
- Resuscitation
- Choking management

#### Session Two

- Control of major bleeding
- Blood loss and shock
- Internal bleeding
- Treating eye injuries
- Personal hygiene and cross infection when treating wounds

#### Session Three

- Recognising illness
- Epilepsy and seizures
- Stroke
- Fainting
- Diabetes
- Anaphylactic shock
- Heart attack/angina
- Poisons, gases & fumes
- Drugs
- Treating injuries to bones, muscles and joints
- Head injuries
- Burns and scalds
- Extremes of temperature
- Duties of employers & first aiders
- First aid boxes and supplies
- Record keeping



## Emergency First Aid for the Appointed Person (EFAW)

NVQ level 2 equivalency

Ideal for lone or mobile workers, small organizations, those with numerous sites and low risk environments such as offices and small shops, this course provides thorough basic First Aid training.

Training may be held either at one of our venues or in-house at your premises to suit the requirements of your staff. We also run open house courses at our venues through out the year.

## First Aid at Work Refresher Course

NVQ level 2 equivalency

For First Aiders wishing to refresh their skills and renew their First Aid at Work certificate. The course may be run either at one of our venues or in-house at your premises.

On successful completion delegates will be awarded an Emergency First Aid certificate.



## Emergency First Aid for Staff in Schools

NVQ level 2 equivalency

Health and Safety First Aid Regulations require schools to provide appropriate and adequate first aid equipment, and to appoint sufficient numbers of first aid trained personnel to administer first aid and to manage the first aid responsibilities within the school.

This course is designed for teachers and mid-day supervisors, and follows the first aid techniques recommended for children and adults in accordance with the Resuscitation Council (UK) Guidelines. The course may be run in-house on the school premises for groups of six or more delegates, during the day, evening or at weekends.

On completion delegates are awarded an Emergency First Aid certificate.

### Course Programme

- The role and responsibility of an Emergency First Aider
- Incident and casualty management
- Dealing with an unconscious child
- Resuscitation
- Circulation problems, shock, severe bleeding
- Choking, asthma and hyperventilation
- Anaphylactic shock
- Hypoglycaemia
- Epilepsy
- Burns and scalds
- Poisons
- Fractures and soft tissue injuries, bumps and bruises
- The First Aid Kit: contents, use and advice



## Paediatric First Aid for Early Years

We offer a range of courses designed specifically for anyone working with, or caring for, children and babies including: staff in nursery schools, pre-schools, day-care centres, playgroups, creches, after-school clubs and play schemes, as well as for childminders, nannies and parents.

Our courses follow the first aid techniques recommended for babies and children in accordance with the Resuscitation Council (UK) Guidelines. The Paediatric Course is accepted by Early Years and OFSTED.

We are able to deliver the training during the day (including weekends) or evenings in-house. We also run open house courses at our venues throughout the year.

### Topics include:

- Dealing with an unconscious child
- Resuscitation
- Shock & severe bleeding
- Choking, asthma and hyperventilation
- Anaphylactic shock
- Hypoglycaemia (diabetes)
- Epilepsy
- Burns and scalds
- Poisons
- Head Injuries
- Fractures and soft tissue injuries, bumps and bruises
- The First Aid Kit: contents, use and advice NVQ level 2 equivalency.



## CIEH Level 2 Health & Safety Training

It is a legal requirement for all employers who employ five or more people to Risk Assess and have a written Health and Safety Policy. Business owners are also liable for the health and safety of customers on their premises. The HSE has the power to issue unlimited fines for failing to comply with the regulations.

The Chartered Institute of Environmental Health courses equip attendees with a knowledge of Health & Safety enabling them to work safely and contribute to their employer's safety management system.



### Course content includes:

- Health & Safety at work policies
- Governing laws and regulations
- Prevention of accidents and ill health
- Personal protective equipment
- Workplace health, safety and welfare
- Electricity
- Fire prevention
- Occupational health
- Manual handling

## Moving and Handling Training

NVQ level 2 equivalency

This course covers the Manual and Handling principles and is specifically designed to assist anyone moving objects as part of their job.

### Course content includes:

- Risk assessment
- Reduction of risk
- Moving and Handling techniques
- Principle responsibilities of employees

## CIEH Level 1 and 2 in Food Hygiene

Anyone who works with food has a special responsibility for safeguarding the health of those that consume it. This course enables staff to understand the importance of good hygiene practice when preparing and serving food.



Level 1 is designed for new employees with minimal or little prior knowledge. This would include staff handling low risk or wrapped food. It would also be appropriate for those working front of house, such as waiting or check out operators; as well as back of house, i.e. kitchen porters or warehouse employees.

### Course content includes:

- Causes and recognition of food poisoning
- Bacteriology and temperature control
- Prevention of contamination
- Food allergies
- Personal hygiene and pest control
- Cleaning and disinfection

## Moving and Handling People

NVQ level 2 equivalency

This course includes principles of Manual and Handling but is specifically designed to assist anyone moving people as part of their job. Each course will be specifically tailored to meet the needs of your staff.

## Stress Awareness

The HSE requires all companies to have in place a written Stress Policy. This one day course is designed to help employers and employees understand the causes of work-related stress, their effects and how to deal with them.

## Fire Awareness and Fire Marshal Training

NVQ level 2 equivalency

The course is designed to help employers meet the Regulatory Reform (Fire Safety) Order 2005 which requires the 'responsible person' for the premises to carry out a fire risk assessment and nominate a sufficient number of competent persons, or fire marshals, to assist in implementing emergency procedures identified in the fire risk assessment.

### Course content includes:

- The role of the fire marshal
- Fire safety legislation
- How to use fire extinguishers
- Common causes of fire
- Fire drill and evacuation.



## Sports and Outdoor Courses

### Sports Specific First Aid Course

This one day course is ideal for leisure and health service providers including sports clubs, activity centres, health clubs, fitness centres, teachers of yoga and relaxation

classes, exercise and fitness instructors, osteopaths, masseurs, physiotherapists, chiropractors, beauty therapists, hairdressers.

### Remote Environment Course

### First Aid for Mountain and Outdoor Activities

The two day Mountain First Aid course is designed to ensure that you have the skills and knowledge to administer first aid in any emergency which may occur in remote conditions.

This course is suitable for mountain, ski and snowboarding instructors, leaders, guides, climbers, scout leaders, trekkers, mountaineers and anyone preparing for an expedition.

The course meets the requirements of MLTE, IML, BCU, BASI, D of E, Mountain Biking, Scouts Association and other National Governing Body Award requirements.

On completion attendees will be awarded the Mountain First Aid Certificate valid for three years.

### Course content includes:

- Management of unconscious casualty
- Resuscitation
- Clinical shock management
- Major trauma
- Hypothermia
- Acute mountain sickness
- Frostbite
- Management of fractures
- Common medical emergencies

The course involves a number of Practical Workshops & Outdoor Exercises.



### Surrey First Aid Training

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