



First aid training  
throughout  
Lancashire

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Heartbeat North West Cardiac Care, Sir Tom Finney Way, Preston, Lancashire, PR1 6PA. ☎ 01772 717147 🌐 [www.heartbeat-nwcc.org.uk](http://www.heartbeat-nwcc.org.uk)

Registered charity number 1168850 a company limited by guarantee, registered in England and Wales, company number 10195311.

# Onsite course schedule

First Aid for Mental Health  
(Level 2)  
£59.99 pp (Certificate included)

6<sup>th</sup> May 2020  
9:00-4:00pm

7<sup>th</sup> October 2020  
9:00-4:00pm

Emergency First Aid at Work (EFAW) – Level 2  
£59.99 pp (Certificate included)

20<sup>th</sup> May 2020  
9:00-4:00pm

9<sup>th</sup> September 2020  
9:00-4:00pm

Clinical First Aid (BLS) Annual update  
£20 pp

3<sup>rd</sup> June 2020  
12-2pm

Safeguarding children, young people or vulnerable adults – Level 3  
£59.99 pp (Certificate included)

1<sup>st</sup> July 2020  
9:00-4:00pm

28<sup>th</sup> October 2020  
9:00-4:00pm

# Identifying your training needs

## Risk profile

- In order to establish what provision for first-aid is required you should make an assessment of the first-aid needs appropriate to the circumstances of your business. More detailed information about First Aid provision in the workplace can be found here:  
<http://www.hse.gov.uk/pubns/indg214.pdf>

## Core first aid training

- Your arrangements will depend on the outcome of your first-aid needs assessment and the particular circumstances in your workplace at any given time. The findings of the needs assessment should indicate the level of first-aid equipment, facilities and personnel required.

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Additional training may be needed for First Aiders to deal with injuries resulting from special hazards.

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Where First Aiders are shown to be unnecessary, there is still a possibility of an accident or sudden illness, so you should consider providing qualified First Aiders

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The type of injuries that might arise in working with those hazards identified, will influence whether the First Aider should be trained in FAW or EFAW

Category of Risk	Numbers employed at any location	Suggested number of First Aid personnel
Lower	Fewer than 25	At least 1 Appointed Person **
e.g. Shops, offices and libraries	25 – 50	At least 1 Emergency First Aider (1-day EFAW)
	More than 50	1 First Aider (FAW) At least one per 100 employees or part thereof
Higher	Fewer than 5	At least 1 Appointed Person **
e.g. Light engineering and assembly work, food processing, warehousing, extensive work with dangerous machinery or sharp instruments, construction, chemical manufacture, work involving special hazards ★ such as hydrofluoric acid or confined spaces.	5 – 50	At least 1 First Aider (EFAW or FAW) ***
	More than 50	1 First Aider (FAW) At least one for every 50 employees or part thereof
Ensure any injuries and illness that might occur can be dealt with by the First Aid personnel you provide		



# Our courses

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## Workplace first aid:

- Emergency first aid at work course (EFAW)
- First Aid for Mental Health (Awareness and Level 1)
- Safeguarding children, young people or vulnerable adults
- CPR, AED and Anaphylaxis – Annual update (2 hours) Suitable for anyone who works in a clinical setting.

## Community first aid

- Basic First Aid (2 hours)
- Mini-medics (Ages 8-16)

# Level 2 - Emergency first aid at work (EFAW)

- This course is regulated through NUCO training, therefore provides you with an accredited NVQ award in first aid at work
- This comprehensive course covers a wide range of first aid emergencies, enabling all participants to deal with emergency situations with confidence in a prompt, safe and effective way
- 6 hours of practical and theoretical training covering responsibilities; assessment of the situation; first aid hygiene; resuscitation; anatomy; choking; bleeding; shock; epilepsy; minor injuries and dealing with an unresponsive casualty. Compliant with health & safety executive code of practice
- This qualification lasts for 3 years
- £59.99pp (minimum 6 – maximum 12 people per session)



# Level 3 - Safeguarding children, young people or vulnerable adults

- The qualification is designed for learners who have contact with children, young people or vulnerable adults in their working environment including voluntary work.
- It promotes awareness and sensitivity to safeguarding enabling learners to be able to identify issues and emphasises the responsibility to ensure that concerns are reported and acted on appropriately
- £59.99pp (Minimum 6 – maximum 12 people per session)



# Level 2 – First aid for Mental health (1 Day)

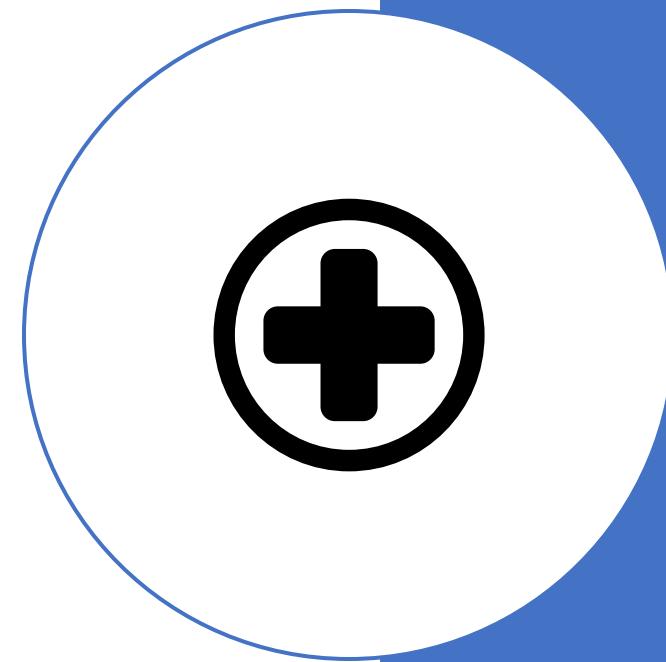
- Syllabus: What is First Aid for Mental Health? Identifying mental health conditions; Providing advice and starting a conversation; Drugs and alcohol; First Aid for Mental Health action plan; First Aid for Mental Health in the workplace
- The qualification is assessed through both a practical and a multiple-choice question paper
- £59.99pp (Minimum 6 – maximum 12 people per session)



# CPR, AED and Anaphylaxis – Annual update

Interactive and practical basic life support training which includes: overview of the ABCDE approach; Baby, child and adult choking; Baby, child and adult CPR; Effective use of an AED & Anaphylaxis care guidelines

- Delivered over 90 minutes to fit into your practices' working day
- Available throughout Lancashire
- £199 per course (16 people per session)



# Mental health first aid – Awareness course (4 hours)

Anyone can be affected by a mental health condition either themselves or a family member, friend or colleague.

This awareness course is suitable for everyone as it provides learners with the knowledge to recognise a suspected mental health condition and the skills to start a conversation and be able to signpost a person towards professional help.

All members of the public can benefit from this course and it is a great stepping stone into First Aid for Mental Health

The qualification is assessed through a multiple-choice question paper

£199 per course (12 people per session)





Digital



Support through sight loss



Myerscough  
College



"I wouldn't hesitate to recommend this course to any individual or organisation. Sian is an amazing tutor & presented the session in an informal yet really informative way. Every person that attended now feels more confident to deal with emergency situations at work or even in their personal life. The range of equipment used in the training was brilliant & we were able to practise life support on a range of resuscitation dummies including adult, small child & baby sizes. No question was too small or too silly"

Kathryn Malley , Service Manager Lancashire Women's Centres

## Onsite courses

If you are based in Lancashire have 6 or more people who need any form of First Aid training from EFAW to Basic First Aid, we can come to you. As long as you have a suitable space for both practical and theory elements.

Call 01772 717147 or email [sian@heartbeat-nwcc.org.uk](mailto:sian@heartbeat-nwcc.org.uk) to book

# Level 2 - Basic life support (2 hours)

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- This Basic Life Support qualification will give learners the skills and knowledge to act in an emergency situation providing the casualty with critical life saving assistance until support arrives.
- The qualification covers cardiopulmonary resuscitation (CPR), the safe use of an Automated External Defibrillator (AED), primary survey, the recovery position and choking, and is delivered following the protocols set by the Resuscitation Council (UK) Guidelines.
- A learner will gain first aid knowledge and the practical competence required to be able to help someone and potentially save a life.
- £199 per course (12 people), certification costs not included



# Mini medics (for children aged 8-16)

- This is a very basic introduction to First Aid for all children and aimed at children between the ages of 8 and 11, but it can suit children of any age.
- First Aid is an important life skill and the course is kept at a basic level with no use of confusing terminologies
- At the very least, the child will be able to make an effective emergency telephone call which may be enough to save someone's life
- 2-3 hours dependent on the syllabus you want covered including educational, theoretical and practical teaching sessions
- £100 per course



# Defibrillators (AED)

Sudden cardiac arrest (SCA) is an ‘electrical’ problem and occurs when the heart loses its electrical rhythm and suddenly and unexpectedly stops beating. If this happens, blood stops flowing to the brain and other vital organs.

If you find someone unconscious, unresponsive, not breathing or not breathing normally (gasping), they are in sudden cardiac arrest.

Every minute without effective treatment reduces that person’s chance of survival by 10%. If you find someone in sudden cardiac arrest, call 999 immediately and start CPR. If an AED is available, use this straight away. The AED will talk you through the rescue.

If an SCA victim receives defibrillation in the first minute, the victim’s chance of survival increases to more than 90 %

Less than one in 10 people survive an out of hospital cardiac arrest in the UK. This is partly because bystanders don’t have the skills, equipment or confidence to help. The concern may be that you could do further harm but the irony is without intervention that person has no chance of survival.

If it’s not treated, SCA usually causes death within minutes.

For more information about our AED’s and housing unit packages, please get in touch  
[sian@heartbeat-nwcc.org.uk](mailto:sian@heartbeat-nwcc.org.uk) or call 01772 717147

