First Aid & Emergency Response

Training Solutions

MDT Online
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Professional eLearning & Workforce Development

Contents

Emergency First Aid at Work - Online Annual Refresher

IIRSM, Institute of Hospitality & CPD Approved

What is Emergency First Aid? Well it's exactly that, the first aid to be offered if an incident occurs. Not many of us are confronted with scenes of blood and gore in our everyday lives – so usually first aid could be as simple as sticking a plaster on a small cut.

But what if you did find yourself confronted with a more serious situation. This Emergency aid course will highlight some of the most common situations that you might come across and the actions that you can take to help.

In the most serious situations a first aider's role will be to assess the scene so that accurate information can be passed to Emergency services and then to act appropriately to try and increase the patients odds of survival.

Course	Module Number	Module Name	Pass % Required
Emergency First Aid at Work	1	What is First Aid?	70
Emergency First Aid at Work	2	Barriers, ABCDs and the recovery position	70
Emergency First Aid at Work	3	CPR and AEDs	70
Emergency First Aid at Work	4	Choking	70
Emergency First Aid at Work	5	Bleeding	70
Emergency First Aid at Work	6	Shock	70
Emergency First Aid at Work	7	Spinal Injuries	70
Emergency First Aid at Work	8	Breaks	70
Emergency First Aid at Work	9	Head Injuries	70
Emergency First Aid at Work	10	Sprains	70
Emergency First Aid at Work	11	Managing an Incident & Record Keeping	70
Emergency First Aid at Work	12	Burns & Scalds	70
Emergency First Aid at Work	13	Electric Shock	70
Emergency First Aid at Work	14	Eye Injuries	70
Emergency First Aid at Work	15	Anaphylaxis and Diabetes	70
Emergency First Aid at Work	16	Heart Attack & Stroke	70

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Recommended System Requirements

• Browser: Up to date web browser

• Video: Up to date video drivers

• Memory: 1Gb+ RAM

• Download Speed: Broadband (3Mb+)

Duration: 150 minutes (*Note: This is based on the amount of video content shown and is rounded off. It does not account in any way for loading time or thinking time on the questions*).

Emergency First Aid at Work for Irish Audiences

CPD Approved

Course Description

What is Emergency First Aid? Well it's exactly that, the first aid to be offered if an incident occurs. Not many of us are confronted with scenes of blood and gore in our everyday lives – so usually first aid could be as simple as sticking a plaster on a small cut.

But what if you did find yourself confronted with a more serious situation. This Emergency aid course will highlight some of the most common situations that you might come across and the actions that you can take to help.

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Target Audience

Our Emergency First Aid at Work For Irish Audiences E-learning course is aimed at all employees that have attended one-day Emergency First Aid at Work practical courses. This Emergency First Aid at Work For Irish Audiences course ensures that their first aid skills and knowledge are refreshed and up to date before re-certification every three years.

Advantages

In the most serious situations a first aider's role will be to assess the scene so that accurate information can be passed to Emergency services and then to act appropriately to try and increase the patients odds of survival.

Online training is flexible, efficient and cost effective meaning the candidate can progress through the modules at their own pace and in their own time, so they can fit the training in around their work and personal life.

Course	Module Number	Module Name	Pass % Required
Emergency First Aid at Work For Irish Audiences	1	What is First Aid?	70
Emergency First Aid at Work For Irish Audiences	2	Barriers, ABCDs and the recovery position	70
Emergency First Aid at Work For Irish Audiences	3	CPR and AEDs	70
Emergency First Aid at Work For Irish Audiences	4	Choking	70
Emergency First Aid at Work For Irish Audiences	5	Bleeding	70
Emergency First Aid at Work For Irish Audiences	6	Shock	70
Emergency First Aid at Work For Irish Audiences	7	Spinal Injuries	70
Emergency First Aid at Work For Irish Audiences	8	Breaks	70
Emergency First Aid at Work For Irish Audiences	9	Head Injuries	70
Emergency First Aid at Work For Irish Audiences	10	Sprains	70
Emergency First Aid at Work For Irish Audiences	11	Managing an Incident & Record Keeping	70
Emergency First Aid at Work For Irish Audiences	12	Burns & Scalds	70
Emergency First Aid at Work For Irish Audiences	13	Electric Shock	70
Emergency First Aid at Work For Irish Audiences	14	Eye Injuries	70
Emergency First Aid at Work For Irish Audiences	15	Anaphylaxis and Diabetes	70
Emergency First Aid at Work For Irish Audiences	16	Heart Attack & Stroke	70

Recommended System Requirements
• Browser: Up to date web browser
• Video: Up to date video drivers
• Memory: 1Gb+ RAM
• Download Speed: Broadband (3Mb+)

Duration: 150 minutes (*Note: This is based on the amount of video content shown and is rounded off. It does not account in any way for loading time or thinking time on the questions*).

Mental Health First Aid

CPD and Gatehouse Awards Approved

Course Description

Around 25 per cent of the UK population will experience a mental health problem at some point in their lives. Most are mild, tend to be short-term and are usually treated successfully with therapy and medication.

But it is still a significant problem. Mental Health First Aid teaches participants how to notice and support individuals who may be experiencing mental health issues or exhibiting the signs of substance use in a work environment. They are also taught how to connect those people with appropriate help from fellow employees, community resources or healthcare professionals.

The course introduces the subject and outlines the benefits of Mental Health first aid and workplace wellness schemes. It then goes on to cover the effects of stress on individuals and teams and discusses how stress and mental health are linked.

It then covers the roles of employers, managers and employees in ensuring that a Mental Health First Aid programme is successful. It concludes with a series of practical examples of how to apply mental health first aid to real situations, how to support employees who are experiencing mental health issues and where to point them for further help and advice.

Learning Objectives

By the end of this course, you will be able to:

- Define and understand the importance of Mental Health First Aid.
- Develop a greater understanding of mental health issues and the benefits of Mental Health First Aid.
- Understand the roles and responsibilities of employers and employees in achieving better mental health in the workplace.
- Identify the issues of stress in the workplace.
- Develop and understand a wellness strategy within the workplace.

Target Audience

This course is aimed at people in the workplace that would like to become a Mental Health First Aider in their workplace or for Supervisors or Managers that are interested in starting a Mental Health First Aid programme in their workplace.

Advantages

Online training is flexible, efficient and cost effective meaning the candidate can progress through the modules at their own pace and in their own time, so they can fit the training in around their work and personal life.

This course is endorsed by Gatehouse Awards.

Further Progression

Other courses that complement this one could include Developing a Workplace Mental Health Policy, Stress Awareness and Developing Teamwork, which is also endorsed by the ILM.

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Course	Module Number	Module Name	Pass % Required
Mental Health First Aid	1	Introduction	70
Mental Health First Aid	2	Stress	70
Mental Health First Aid	3	Employers' Role	70
Mental Health First Aid	4	The Role of Management	70
Mental Health First Aid	5	Employees' Role: Part 1	70
Mental Health First Aid	6	Employees' Role: Part 2	70
Mental Health First Aid	7	Employees' Role: Part 3	70

Recommended System Requirements
• Browser: Up to date web browser
• Video: Up to date video drivers
• Memory: 1Gb+ RAM
• Download Speed: Broadband (3Mb+)

Duration: 90 minutes (*Note: This is based on the amount of video content shown and is rounded off. It does not account in any way for loading time or thinking time on the questions*).

Paediatric First Aid

CPD & IIRSM Approved

Course Description

First aid covers a multitude of skill sets and responses to many medical situations. Its primary aim, is to provide immediate medical care and treatment that will either resolve the situation (in less serious 'everyday' cases) or provide an essential short-term emergency stop-gap until professional medical assistance is in place.

The aim of this course is to equip you with the theoretical knowledge, skills and confidence you need to deal with paediatric first aid situations. It covers all of the key topics including: emergency planning, assessing a situation, basic Life Support, CPR, shock, fractures, bleeding and a range of other minor illness and injuries.

Please be aware that having a theoretical knowledge on its own is not enough to be considered competent in paediatric first aid and practical demonstration in some areas is required to complete this training. Please contact us to arrange this.

Target Audience

Paediatric first aid is a skill that would be useful for anyone that works with children and infants. This includes those working in nursery, school and pre-school environments, as well as professional childminders, club leaders and sports coaches.

Advantages

Although it can sometimes be difficult in what are often emotionally-charged circumstances, First Aiders need to remain as calm and objective as possible, especially when there is a medical emergency. Having the training and knowledge to deal with the situation effectively
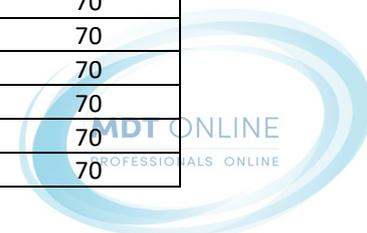
The online format allows you to progress through the modules at your own speed, and at times when it's convenient for you to absorb the information.

Further Progression

There are a lot of courses in our health and social care suite that would make great follow ups to this course. The main one for people starting out in the early years sector would be Introduction to the Early Years Foundation Stage.

Additionally the courses covering Epilepsy Awareness and Diabetes Awareness would complement this course as they go into more detail about these conditions.

Course	Module Number	Module Name	Pass % Required
Paediatric First Aid	1	Introduction to Paediatric First Aid	70
Paediatric First Aid	2	Planning and Preparation	70
Paediatric First Aid	3	Essential First Aid Knowledge and Skills	70
Paediatric First Aid	4	Basic Life Support	70
Paediatric First Aid	5	Fractures and Head Injuries	70
Paediatric First Aid	6	Shock, Bleeding and Dressing Wounds	70
Paediatric First Aid	7	Specific Medical Conditions	70
Paediatric First Aid	8	Minor Injuries	70
Paediatric First Aid	9	First Aid Documentation and First Aid Kits	70

Recommended System Requirements

• Browser: Up to date web browser

• Video: Up to date video drivers

• Memory: 1Gb+ RAM

• Download Speed: Broadband (3Mb+)

Duration: 115 minutes (*Note: This is based on the amount of video content shown and is rounded off. It does not account in any way for loading time or thinking time on the questions*).