



Support In Westmorland
TRAINING



We provide comprehensive,
personalized Training!

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About Support In Westmorland

We are a Training Provider in the Westmorland and Furness area! We are committed to delivering exceptional training solutions to individuals and businesses alike, empowering them to enhance their skills, knowledge, and professional development.

We offer a comprehensive range of courses designed to cater to diverse needs and industries. Whether you are an individual looking to upskill or an organization seeking to invest in your workforce's growth, we have the expertise and resources to meet your requirements.

One of our key strengths is our flexibility in training delivery. We understand that convenience is vital, which is why we offer both onsite training and open courses. Our onsite training allows us to bring the learning experience directly to your location, ensuring minimal disruption and maximum convenience for your team. On the other hand, our open courses provide a dynamic environment where individuals from different organizations can network and learn together.

We value our clients and strive to provide them with exceptional service at competitive prices. For group bookings, we offer attractive discounts, making it cost-effective for organizations to train their staff as a team. Furthermore, we understand the importance of budget considerations, and as such, we offer competitive pricing across all our training programs.

In addition to competitive pricing, we are committed to ensuring our clients' satisfaction. If you find a comparable training provider offering a lower price, we will match that price, guaranteeing you the best value for your investment.

Our team of experienced trainers and facilitators are dedicated to delivering high-quality training programs, and keeping abreast of the latest industry trends and best practices. We continuously update our courses to align with the evolving needs of the market, ensuring that our clients receive cutting-edge knowledge and skills.

Partner with us to unlock your potential and propel your personal and professional growth. Contact us today to discuss your training needs, and let us help you achieve excellence through our comprehensive training solutions.



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LEVEL 3: 3-DAY TRAINING COURSE

First Aid at Work



Where a workplace first aid risk assessment identifies a need for a First Aider in the Workplace, this three-day qualification will give the participants a qualification to the highest level of First Aid, meeting the statutory requirements of the Health and Safety (First Aid) Regulations 1981 and the Health and Safety (First Aid) Regulations (Northern Ireland) 1982.

It is a requirement of the Health & Safety law that employers provide a safe and healthy environment to work in. If your assessment of first aid needs highlights the need for qualified first aiders, then this level 3 qualification (level 6 in Scotland) will provide you with suitable, highly trained personnel. This comprehensive three-day 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. In addition, this course will include any protocol changes that may have arisen since their last training course.

Duration

We offer a variety of learning options to fit your timetable and learning style. A minimum of 18 hours spread over at least three days.

Syllabus

A range of subjects are covered including:

- Legalities, responsibilities and reporting
- Dealing with an unresponsive casualty
- Fractures and spinal injuries
- Resuscitation and AED awareness
- Assessment of the situation
- Control of bleeding
- Shock (including Anaphylaxis)
- Heart attacks
- Head injuries
- Sprains and strains
- Poisoning
- Bandaging
- Choking
- Eye injuries
- Chest injuries
- Asthma
- Diabetes
- Stroke
- Burns
- Epilepsy

Certification

Summative practical assessment is ongoing by the instructor each day, along with a written assessment for unit 2. A three-year Level 3 Award in First Aid at Work (Level 6 in Scotland) will be issued to the learner, subject to successful assessment. No external assessors are required.

Numbers

A maximum of 12 students are allowed and must be a minimum of 14 years of age and a certificate can be offered to all, subject to assessment.

A student cannot assume a responsibility in the workplace until they reach the age of 16, and then it is the employer's responsibility to ensure that the student is suitable for that role. The certificate will expire as dated on the certificate, irrespective of age.

LEVEL 3: 1-DAY TRAINING COURSE

Emergency First Aid at Work



Where a workplace first aid risk assessment identifies a need for an Emergency First Aider in the Workplace, this one-day qualification meets the requirements of the Health and Safety (First Aid) Regulations 1981 and the Health and Safety (First Aid) Regulations (Northern Ireland) 1982.

On successful completion of the course, all participants will have the skills and knowledge to provide the organisation with Emergency First aiders that can provide treatment to their casualties in a prompt, safe and effective manner.

Duration

We offer a variety of learning options to fit your timetable and learning style. A minimum of six contact hours in the classroom, consisting of practical and theoretical activities, plus some pre-course activity could be required.

Syllabus

A range of subjects are covered including:

- Responsibilities and reporting
- Assessment of the situation
- Dealing with an unresponsive casualty
- Basic hygiene in First Aid
- Resuscitation and AED awareness
- Anatomy
- Minor injuries
- Bleeding control
- Burns
- Choking
- Epilepsy
- Shock

Certification

Summative practical assessment is ongoing by the instructor each day, along with a written assessment for unit 2. A three-year Level 3 Award in First Aid at Work (Level 6 in Scotland) will be issued to the learner, subject to successful assessment. No external assessors are required.

Numbers

A maximum of 12 students are allowed and must be a minimum of 14 years of age and a certificate can be offered to all, subject to assessment.

A student cannot assume a responsibility in the workplace until they reach the age of 16, and then it is the employer's responsibility to ensure that the student is suitable for that role. The certificate will expire as dated on the certificate, irrespective of age.

**LEVEL 3:
2-DAY TRAINING COURSE**

Paediatric First Aid



This course has been developed for those who are working with children and infants. It will be of particular interest to teachers, child minders, crèche assistants, playgroup personnel and anyone else who has a responsibility for their welfare whilst in your care. The purpose of the qualification is for the learner to attain the knowledge and practical competence required to deal with a range of paediatric first aid situations.

This two-day qualification fulfils the requirements for first aid training detailed in the Department for Education's statutory framework for the Early Years Foundation Stage.

Duration

We offer a variety of learning options to fit your timetable and learning style. Total qualification Time (TQT) is 15 hours, with at least 12 Guided Learning Hours (GLH) in the classroom over a minimum of 2 days plus independent pre and post course study. The qualification can be delivered over a maximum of a 6-week period.

Syllabus

A range of subjects are covered including:

- Role of the Paediatric First Aider
- Primary survey
- Resuscitation (CPR including the safe use of an AED)
- Wounds, bleeding and shock
- Allergic reactions including anaphylaxis
- Head, neck and back injuries
- Seizure
- Choking
- Minor injuries
- Recovery position
- Fractures
- Foreign bodies
- Diabetic emergencies
- Asthma
- Meningitis
- Febrile convulsions
- Extreme cold and heat
- Electrical incidents

Certification

The qualification is valid for three years from the date of achievement. It is recommended that the learner attends annual refresher training. The learner will need to complete the full course again to requalify for a further three years.

The qualification is assessed both through practical demonstration and written assessment. A learner must successfully pass both the written and practical assessments to achieve the qualification. There is no grading of the assessment; learners pass or are referred.

Numbers

A maximum of 12 students are allowed and must be a minimum of 16 years of age and a certificate can be offered to all, subject to assessment.

**LEVEL 3:
1-DAY TRAINING COURSE**

Emergency Paediatric First Aid



This one-day Emergency Paediatric First Aid course has been designed for those who have an interest in child and infant Basic Life Support, including parents, guardians and family members.

The qualification is designed for learners with a responsibility for the care of children and babies and provides knowledge and skills to deal with a range of paediatric first aid conditions and incidents. The purpose of the qualification is for the learner to attain the knowledge and practical competence required to deal with a range of Paediatric First Aid situations.

The FAA Emergency Paediatric First Aid qualification is unit 1 of the two-day FAA Paediatric First Aid qualification. From gaining this Emergency Paediatric First Aid qualification learners could progress to completing unit 2 and being awarded the 2-day FAA Award in Paediatric First Aid.

Duration

Total Qualification Time (TQT) is 7 hours, with at least 6 Guided Learning Hours (GLH) in the classroom, plus some pre-course study. The qualification can be delivered over a maximum of a 4-week period.

Syllabus

A range of subjects are covered including:

- Role of the Paediatric First Aider
- Primary survey
- Resuscitation (CPR including the safe use of an AED)
- Wounds, bleeding and shock
- Seizure
- Choking
- Minor injuries
- Recovery position

Certification

The qualification is valid for three years from the date of achievement. It is recommended that the learner attends annual refresher training. The learner will need to complete the full course again to requalify for a further three years.

Numbers

A maximum of 12 students are allowed and must be a minimum of 16 years of age and a certificate can be offered to all, subject to assessment.

Mini Medics First Aid



The Mini Medics course is a very basic introduction to first aid and defibrillation aimed at children between the ages of 8 and 11, but it can suit children of any age.

The course is kept at a basic level with no use of confusing terminologies. The mini medics course will show complete respect for the child's ability, make it educational and practical, and instil the importance of helping someone who is poorly or injured.

Duration

3 hours dependent on the syllabus you want covered including educational, theoretical and practical teaching sessions.

Syllabus

A range of subjects are covered including:

- What is First Aid?
- Defibrillation
- First Aid kits
- Recovery position
- Choking
- Resuscitation (CPR)
- DR ABC
- Wounds and bleeding
- Asthma
- Shock
- Safety
- Communication and contacting the emergency services

Certification

A certificate of attendance is included with the Mini Medic book as a 'cut-out' for the child. We can also provide a separate printed certificate as well.

Numbers

A maximum of 16 children can be accommodated on this course and ideally all children should be a minimum of 8 years of age. However, younger children are permitted.

A4 colouring book/certificate and a unique syringe design pen.

3-HOUR TRAINING COURSE

Student First Aid



The Student First Aid course will provide learners with the skills and knowledge required to provide first aid treatment confidently and safely. The course is suitable for students aged 11 years and over and fulfils the requirements of the Department for Education in respect of statutory first aid training.

Duration

A minimum of three contact hours in the classroom, consisting of practical and theoretical activities. Ideally, the course should be run over half a day (3 hours), but the syllabus can be divided into 3 x 1-hour sessions, spread over a 12-month period.

Syllabus

A range of subjects are covered including:

- What is first aid?
- Primary survey
- Recovery position
- Resuscitation and AED
- Choking
- Common Injuries

Certification

The practical assessment is ongoing throughout the duration of the course and the learners will be required to complete a multiple-choice question assessment paper at the end of the programme. A three-year qualification can be offered to all, subject to assessment.

Numbers

A maximum of 12 students are allowed and must be a minimum of 11 years of age.

2-DAY TRAINING COURSE

First Aid at Work Re-qualification



This 2-day First Aid at Work course is designed for those who currently hold a First Aid at Work qualification and are due to expire and meets the requirements of the Health and Safety (First Aid) Regulations 1981 and the Health and Safety (First Aid) Regulations (Northern Ireland) 1982.

Duration

A minimum of 12 hours spread over at least two days. Ideally, the course should be run over two consecutive days, but can be spread over a longer time period if you so desire, providing it is completed within 7 weeks of starting the course and the training sessions last for a minimum of two hours.

Syllabus

A range of subjects are covered including:

- Legalities, responsibilities and reporting
- Dealing with an unresponsive casualty
- Fractures and spinal injuries
- Resuscitation and AED awareness
- Assessment of the situation
- Control of bleeding
- Shock (including Anaphylaxis)
- Heart attacks
- Head injuries
- Sprains and strains
- Poisoning
- Bandaging
- Choking
- Eye injuries
- Chest injuries
- Asthma
- Diabetes
- Stroke
- Burns
- Epilepsy

Certification

Successful qualification on this course is based on practical assessments conducted throughout the course and written test papers for unit 2. A three year Level 3 Award in First Aid at Work (Level 6 in Scotland) will be issued to the learner, subject to successful assessment. No external assessors are required.

Numbers

A maximum of 12 students are allowed and must be a minimum of 14 years of age and a certificate can be offered to all, subject to assessment.

A student cannot assume a responsibility in the workplace until they reach the age of 16, and then it is the employer's responsibility to ensure that the student is suitable for that role.

The certificate will expire as dated on the certificate, irrespective of age

1-DAY TRAINING COURSE

Defibrillation Training CPR-AED



Heart and circulatory disease claims around 200,000 lives each year. Many could have been saved if a defibrillator was made available.

Automated External Defibrillators (AED's) are now becoming more common throughout a range of public and work places. A casualty's survival rate will dramatically increase if an AED is available and if you have appropriately qualified personnel to use it. Not only does this course deal with the use of an AED but it also includes vital training in resuscitation and choking procedures.

Duration

A minimum of six contact hours in the classroom, consisting of practical and theoretical activities.

Syllabus

A range of subjects are covered including:

- Responsibilities and reporting
- Assessment of the situation
- Dealing with an unresponsive casualty
- AED Functions
- Resuscitation
- Heart attacks
- Infection Control
- Defibrillation
- Procedures
- Choking
- AED Safety
- Paediatric defibrillation

Certification

This qualification lasts for 3 years. To renew their qualification after 3 years, delegates will need to retake the full course. However, it is recommended that, during the 3 year period, delegates attend annual refresher courses.

Numbers

A maximum of 12 students can be accommodated on this course and all candidates must be a minimum of 14 years of age to qualify.

**LEVEL 2:
3-HOUR TRAINING COURSE**

Basic Life Support



This regulated Level 2 Basic Life Support qualification will give learners the skills, knowledge and practical competence to administer first aid until professional medical help arrives. It is particularly suitable for healthcare professionals for the purpose of Continual Professional Development (CPD).

The 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 is delivered following the protocols set by the Resuscitation Council (UK) Guidelines.

Duration

We offer a variety of learning options to fit your timetable and learning style. A minimum of 3 contact hours in the classroom, consisting of practical and theoretical activities.

Syllabus

A range of subjects are covered including:

- Cardiopulmonary Resuscitation (CPR)
- Primary Survey
- Choking
- Safe use of an Automated External
- Defibrillator (AED)
- Recovery position

Certification

This qualification is valid for 3 years from the date of achievement. The learner will need to complete the full course again to requalify for a further 3 years. It is recommended that the learner attends annual refresher training.

Numbers

A maximum of 12 students can be accommodated on this course and all candidates must be a minimum of 14 years of age to qualify.

LEVEL 2: 4-HOUR TRAINING COURSE

Basic Life Support and the Safe Use of an AED



Heart and circulatory disease claims around 200,000 lives each year. Many could have been saved if a defibrillator was made available. Automated External Defibrillators (AED's) are now becoming more common throughout a range of public and work places.

A casualty's survival rate will dramatically increase if an AED is available and if you have appropriately qualified personnel to use it. This very practical course will enable your learners to use the AED competently and with confidence. Not only does this course deal with the use of an AED but it also includes vital training in basic life support including resuscitation.

Duration

We offer a variety of learning options to fit your timetable and learning style. A minimum of 4 contact hours in the classroom, consisting of practical and theoretical activities.

Syllabus

A range of subjects are covered including:

- Responsibilities and reporting
- Dealing with an unresponsive casualty
- Resuscitation
- Defibrillation procedures
- Assessment of the situation
- Infection control
- AED functions
- Safety measures

Certification

This qualification is valid for 3 years from the date of achievement. The learner will need to complete the full course again to requalify for a further 3 years. It is recommended that the learner attends annual refresher training.

Numbers

A maximum of 12 students can be accommodated on this course and all candidates must be a minimum of 14 years of age to qualify.

2-DAY TRAINING COURSE

Activity First Aid

Units 1 & 2



Specifically designed for those who are involved in any form of activity, including sports, leisure and recreation. Not only is Basic Life Support included, but many other First Aid conditions are also included, making this qualification very comprehensive. This Level 3 qualification is made up of two units including First Aid Essentials. It is specifically designed for those who are involved in any form of activity, including sports, leisure and recreation.

Duration

A minimum of 12 contact hours in the classroom, consisting of practical and theoretical activities, plus an assignment and some pre-course activity could be required.

Syllabus

A range of subjects are covered including:

- Responsibilities and reporting
- Assessment of the situation
- Dealing with an unresponsive casualty
- Basic hygiene in First Aid
- Fractures
- Drowning injuries
- Electrical injuries
- Heat and cold
- Resuscitation
- Heart attacks
- Minor injuries
- Bleeding control
- Head injuries
- Diabetes
- Spinal injuries
- Angina
- Choking
- Seizures
- Shock
- Asthma
- Burns

Certification

Practical assessment is ongoing by the instructor, and a three year qualification will be issued to the learner, subject to assessment. For those wishing to complete the full Level 3 qualification, this course must be completed within 6 weeks.

Numbers

A maximum of 12 students are allowed and must be a minimum of 14 years of age and a certificate can be offered to all, subject to assessment. A student cannot assume a responsibility in the workplace until they reach the age of 16, and then it is the employer's responsibility to ensure that the student is suitable for that role. The certificate will expire as dated on the certificate, irrespective of age.

2-HOUR TRAINING COURSE

Forestry First Aid



This qualification has been designed to provide the knowledge and competence for a learner to deal with emergency first aid situations in a forestry/agricultural environment. This qualification is designed to supplement a First Aider's existing First Aid at Work or Emergency First Aid at Work qualification and covers the recommended topics stated in the Forestry Commission First Aid policy 2015.

Duration

A minimum of 2 contact hours in the classroom, consisting of practical and theoretical activities. This qualification can also be combined with the 1-day Emergency First Aid at Work or 3-day First Aid at Work course, providing the minimum contact hours and assessment criteria has been achieved.

Syllabus

A range of subjects are covered including:

- Emergency planning and remote medical assistance
- Catastrophic Bleeding Control
- Crush injuries
- Effects of extreme cold
- Lyme disease

Certification

The practical and theoretical assessment is ongoing throughout the duration of the course and a three year qualification can be offered to all, subject to assessment.

Numbers

A maximum of 12 students can be accommodated on this course.
Students must be a minimum of 14 years of age to attend this course.

2-HOUR TRAINING COURSE

Appointed Person Course



Where an employer's assessment of First Aid needs identifies that a First Aider or Emergency First Aider is not necessary, the minimum requirement on an employer is to appoint a person to take charge of the First Aid arrangements, including looking after equipment and facilities, and calling the emergency services when required.

Duration

2 hours of theoretical training with no practical training.

Syllabus

A range of subjects are covered including:

- Legislation
- Equipment and facilities
- Responsibilities
- Accident Reporting
- Risk Assessment of First Aid needs

Certification

A certificate of attendance is issued to all those who attend.

Numbers

It is recommended that no more than 16 students attend this course. Students must be a minimum of 16 years to qualify.

1-DAY TRAINING COURSE

Management of Anaphylaxis



An Anaphylactic shock, or anaphylaxis, is a life-threatening, serious allergic reaction to an allergen such as food substances or insect stings. If it is not treated appropriately, it may cause death. This training is for qualified First Aiders and Emergency First Aiders to enable them to recognise and treat anaphylaxis safely and effectively. This course is suitable for all First Aiders and healthcare professionals, as well as those in a high risk environment where such medication is available.

Duration

We offer a variety of learning options to fit your timetable and learning style. This is a classroom-based course of 6 contact hours. Depending on the learner's experience, there may well be some pre-course or post-course reading.

Syllabus

The course is made up of practical and theoretical sessions delivered by your Instructor who will provide a detailed course programme. At the end of the course, learners will be able to:

- Describe anaphylaxis
- Identify triggers for anaphylaxis
- Describe life-threatening problems associated with the:
 - Airway
 - Breathing
 - Circulation
 - Disability (Neurological status)
 - Exposure (Skin and mucosal changes)
- Identify key features of adrenaline-auto injectors
- Conduct an initial assessment using the ABCDE approach
- Demonstrate a recovery position
- Demonstrate resuscitation for adult and/or child
- Recognise the need to use an auto-injector
- Prepare medication for administration during anaphylaxis treatment
- Demonstrate the safe use of an adrenaline auto-injector using a training device
- Safely dispose of sharps according to agreed ways of working
- Handover the casualty to a medical professional

Certification

This qualification lasts for 3 years. To renew the qualification, learners will need to retake the full course. However, it is recommended that during the 3-year period, the learners attend annual refresher courses.

Numbers

A maximum of 12 students can be accommodated on this course and all candidates must be a minimum of 16 years of age to qualify.

OTHER COURSES



Airway Management

This 3-hour course will equip learners with the necessary skills, knowledge and expertise on how to manage a casualty's airway in the event of an emergency. The course is suitable for first aiders, prehospital care providers and those working in high risk environments.



Catastrophic Bleeding

This is an excellent course designed for First Aiders who are involved in high-risk working environments. This 3-hour course will provide learners with guidance on catastrophic bleeding control, including dealing with the inherent dangers associated with the use of tourniquets and haemostatic dressings whilst administering first aid in a high-risk working environment.



Annual Refresher

This three hour annual refresher course has been designed to meet that requirement and will help First Aiders to maintain their skills and knowledge whilst also keeping up-to-date with any changes to protocols.



Oxygen Therapy

This course is suitable for qualified First Aiders, Emergency First Aiders, dental practitioners and dental care professionals, nurses, healthcare professionals and others working in an environment where oxygen is available for casualty welfare.



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