

Sports Focussed Emergency First Aid at Work Course Information

DJM/2020

Course Aims and Objectives

Learn2Rescue's EFAW course is designed for busy professionals aiming to train in first aid, or refresh previously studied areas the of basic life support skills necessary to maintain life in the event of a medical emergency. This course is recommended by the Health and Safety Executive for low risk work places, which have between 25 and 50 adults on the premises. Courses should include all staff to encourage group activities and team building.

Intended Outcome

The intended outcome for course participants is to provide knowledge of basic life support, in line with the Resuscitation Council UK, and techniques following the First Aid Societies Manual. This course focusses on common sports injuries, which can vary depending on the sport. The elements covered on the EFAW first aid course include:

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| <ul style="list-style-type: none">• Incident management• Reporting incidents• Recovery Position• Cardio Pulmonary Resuscitation• Using and AED• Choking• Bleeding• Seizures | <ul style="list-style-type: none">• Heart Attack• Burns• Breaks• Sports first aid additions• <i>Head Injuries</i>• <i>Epilepsy</i>• <i>Diabetes</i>• <i>Anaphylaxis</i> | <ul style="list-style-type: none">• <i>Stings</i>• <i>Splinters</i>• <i>Eye Injuries</i>• <i>Child and baby CPR</i>• <i>Child hood illnesses</i>
• <i>Topics in italics are optional and can be added to your course if required</i> |
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Certification and Qualification

This course is taught by qualified first aid instructors, all of whom regularly teach first aid at different levels. This six hour course will renew the annual basic life support skills required. The course carries the recommended Health and Safety Executive qualification and can be used against the verifiable CPD points on request. Should you require an Ofqual recognised qualification, this can be arranged at an additional cost.

Teaching Style and Trainer Expectations

It is intended that this course provides a pleasant and relaxed atmosphere in which to learn. Delegates are requested to make arrangements for the phones to be answered and for there to be no disruptions. Your trainer will expect participants to engage and cooperate in sessions, and make the trainer aware of any difficulties.

Course Evaluation

All Learn2Rescue courses are evaluated. At the start of the course participants will be informed that all delegates will be asked to give fair and honest feedback in order to help with continual course adjustments and maintain high levels of education and tutor development.

Payment

A 25% deposit is normally paid to secure the booking and the balance required two weeks of before start date. In case of last minute cancellation, deposits are not usually refundable, as trainers will require remuneration.

Logistics

The room used should have enough space for participants to practise recovery positions. Refreshment arrangements are the responsibility to the venue, unless L2R have agreed separately to make provisions. Participants are reminded to wear comfortable clothes as the group will need to demonstrate putting each other into the recovery position. Ladies should not wear low cut tops and trousers are recommended, gentleman are asked not to wear shorts. Participants will need to be able to do CPR which requires a certain amount of physical work. The presenter may want to project slides onto a space on the wall. There will be time for a break in the middle, but it is preferred staff do not return to their offices to start with office work. Please let L2R know if there are parking restrictions and any specific needs relating to your staff, and if you have more than 12 members of staff attending.