



Hart First Response Emergency First Aid at Work (EFAW)

EFAW Course

Hart First Response is running a one day Emergency First Aid at Work Course on Sunday 3rd March 2019 from 10.00 -17.00 at Crondall Old Gym, Croft Lane Crondall Farnham, Surrey GU10 5QG <http://www.crondallvillagehall.co.uk/>

How to book

Please book in advance as places are limited. To book your place, and ask any questions please ring: 01252 629132, text: 07941-980914 or email Hester on: admin@hartfirstresponse.org.uk

Please inform us on booking of any learning, communication or other difficulties that you may have, so that we can make reasonable adjustments to help accommodate your learning needs.

The suggested donation for this course is £70.00 per person. Please pay by cash or cheque on the day (payable to Hart First Response), or donate online in advance (<https://mydonate.bt.com/charities/hartfirstresponse>).

On the day

- Please arrive just before 10 o'clock so that we have time to book you in.
- Please bring a pen, some lunch and wear suitable clothes and low heels, as you will be practising the recovery position on the floor.
- Continual practicals will take place throughout the day and will consist of a variety of scenarios some enacted by casualty actors with fake blood.
- Tea, coffee and biscuits will be provided.
- **If you have any vomiting, or diarrhoea symptoms in the 48 hours prior to the start of the course, or if you feel ill on the day of the course please do not attend. You will not forfeit any deposit as long as you inform us on or before the day.**

Standards and certification

This course will follow the first aid standards in the current guidelines published by the Resuscitation Council (UK) and the current edition of the First Aid Manual of the Voluntary Aid Societies (St John Ambulance, British Red Cross, St Andrew's First Aid). This course will also comply with the current requirements of the Riding for the Disabled First Aid Training (2013 <http://www.rda.org.uk/assets/First-Aid-Policy-0913.pdf>), the First Response certificate for adult leaders in The Scout Association and Girl Guiding UK (2009 <https://members.scouts.org.uk/factsheets/FS310547.pdf>) the General Dental Council (GDC) recommendations for Continual Professional Development (September 2006) and the Health and Safety Executive's Health and Safety (First Aid) Regulations 1981 (Guidance updated in 2013 <http://www.hse.gov.uk/firstaid/approved-training.htm>)

HFR's trainers and assessors have many years of first aid experience and actively provide first aid at local events. They also all hold current First Aid at Work certificates as well as teaching qualifications such as NVQs C23/24, D32/33 and City&Guilds Level 4 Certificate in Further Education Teaching CFET-7407.



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The course will include continual evaluation of competency and assessment of resuscitation skills and successful candidates will be issued with an EFAW certificate of competence valid for 3 years. Candidate's competency and assessment records will be kept securely by HFR for 3 years.

On course completion, participants will be asked to complete a course evaluation form available at <http://www.smartsurvey.co.uk/s/99290JMCXW>.

Educational aims and objectives

At the end of this course you will be confident in your approach to dealing with relatives, friends, colleagues and patients in an emergency and will have the skills to provide correct first aid and will be able to demonstrate:

- How to deal with an unconscious casualty
- How to perform adult, child and infant Cardio-pulmonary resuscitation (CPR)
- How to use a defibrillator
- How to deal with a medical emergency
- How to control bleeding

Sessions during the day will include:

- understanding the role of the first-aider
- the importance of preventing cross-infection;
- the need for recording incidents and actions;
- use of available equipment;
- assess the situation and circumstances in order to act safely, promptly and effectively in an emergency;
- administer first aid to a casualty who is unconscious (including seizure);
- administer cardiopulmonary resuscitation and use a defibrillator;
- administer first aid to a casualty who is choking;
- administer first aid to a casualty who is wounded and bleeding;
- administer first aid to a casualty who is suffering from shock;
- provide appropriate first aid for minor injuries (including small cuts, grazes and bruises, minor burns and scalds, small splinters).

Please let us know if you require any additional first aid topics that are not in the sessions listed and we will do our best to add these to the course.

Compliments, Comments, Concerns and Complaints

If you have any questions, concerns or wish to raise a complaint please ring: 01252 629132, text: 07941-980914 or email Hester on: admin@hartfirstresponse.org.uk. A copy of our Compliments, Comments, Concerns and Complaints Policy is available online:

<http://www.hartfirstresponse.org.uk/members/Compliments%20Concerns%20Comments%20and%20Complaints%20Policy%20HFR%20Jan%202011.pdf>

Hester Wain, Lead Trainer, Hart First Response