



Club Essentials

cumbriasport.com/courses



Emergency First Aid at Work

Cost £35

A new level of first aider is to be introduced. They will be required to complete an Emergency First Aid at Work course. This is very similar to what we used to associate as the Appointed Persons course. This training will be the only other recognised course by the HSE. The training will last 6 hours and will require re-qualification within 3 years. Again, this delegate is strongly recommended to undertake the annual refresher training.

On completion of training, successful candidates should be able to:

- Understand the role of the first aider including reference to:
 - 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 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)

Venue	Date	Time	Contact Person
Carlisle (The Sheepmount)	10th & 11th May 2010	6.00pm - 9.00pm	Jackie Hayhow T: 01228 226885
Copeland (Cleator Moor Bowls Centre)	Sat 10th July 2010	9.00am - 4.00pm	Jackie Hayhow T: 01228 226885
Eden (Penrith Leisure Centre)	Sat 16th Oct 2010	9.00am - 4.00pm	Jackie Hayhow T: 01228 226885
Barrow (Hawcoat Park)	Wed 3rd Nov 2010	9.00am - 4.00pm	Stuart Meredith T: 01229 844766
Carlisle (The Sheepmount)	6th & 7th Dec 2010	6.00pm - 9.00pm	Jackie Hayhow T: 01228 226885
Allerdale (Allerdale House)	Sun 13th Feb 2011	9.00am - 4.00pm	Jackie Hayhow T: 01228 226685
South Lakes (Kendal Leisure Centre)	TBC Mar 2011	9.00am - 4.00pm	Jackie Hayhow T: 01228 226885



Upskilling the Sports Workforce in Cumbria

