

Club Essentials

Emergency First Aid at Work

Cost £40

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
Copeland (Copeland Bowls Centre)	Sun 3 rd July 2011	9am – 4pm	Jackie Hayhow T: 01228 226885
Eden (Penrith Leisure Centre)	Sat 22 nd Oct 2011	9am – 4pm	Jackie Hayhow T: 01228 226885
Barrow (The Park Leisure Centre)	Sun 20 th Nov 2011	12pm – 6pm	Jackie Hayhow T: 01228 226885
Carlisle (The Sheepmount)	14 th & 21 st Dec 2011	6pm – 9pm	Jackie Hayhow T: 01228 226885
Allerdale (Allerdale House)	Sun 5 th Feb 2012	9am – 4pm	Jackie Hayhow T: 01228 226885

www.activecumbria.org/courses