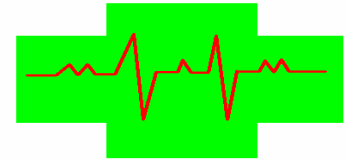


EFA + TRAINING LTD

Emergency First Aid + Training

NEWSLETTER FOR FIRST AIDERS

EFA+TRAINING COACH WILTSHIRE ARMY CADET FORCE TO SUCCESS IN FIRST AID COMPETITION.

Wiltshire Army Cadet Force achieved First and Second place in the South West Regional First Aid competition held in June this year. EFA Trainings company owner Nigel Inseal who was responsible for training the cadets said he was very proud and pleased with their performance.

He went on to say the standard was very high and the incidents tested cadets to the limit. Nigel said that we as a company were more than happy to be involved in giving something back to the community in the form of training these young people. He hoped to repeat this success next year.



Wiltshire Army Cadets Winning Team

NEW BOOKS FOR: APPOINTED PERSONS COURSES

A new book is now being issued to all students attending the Appointed Persons course. The book is a mini first aid manual

with pictures to help learning. Feedback from students has been very positive and the new book has been hailed as a great success.

HSE CHANGES TO RULES AND REGULATIONS

Proposed changes to the First Aid at Work course will probably mean that the course will be shortened to 3 days. This means that some of the course content will be removed, exactly what is not yet confirmed. As soon as we know we will inform you in our next newsletter or via our new web site.

BURNS TRAINING

A new course designed to teach the immediate treatment for burns and scalds. The course covers:

- a. Minor burns & scalds
- b. Severe burns & scalds
- c. Electrical burns
- d. Chemical burns
- e. Burns to the eyes

The course can be tailored to your own requirements and practical exercises are used to confirm the instruction. The course lasts for 3 hrs and costs £20 per person.

EFA+TRAINING WEB SITE www.efa-training.co.uk

Look out for the new Web Site, which will keep you up to date with any changes to procedures and protocols for first aid treatment. The web site is expected to be up and running by 1st Feb 04.

HEART ATTACKS & DEFIBRILLATION

Each year more than 135,00 people die in the UK from heart attacks. Only one treatment is effective and that is Defibrillation. With the governments new scheme to introduce more defibrillators into public places where large numbers of people gather such as shopping centres and sports halls the demand for these courses is increasing. It is also expected that more pressure will be put onto larger company's to get people trained. The course is 3 hrs long and costs £40.00p per head.

COURSE COSTS FOR 2005.

There are no plans to increase charges for the coming year 2005. Course costs remain as follows:

First Aid at Work	£120.00p
First Aid at Work Re-Qual	£80.00p
Defibrillation	£40.00p
Appointed Persons	£35.00p
Basic Life Saver	£20.00p
Burns	£20.00p

TRAIN THE TRAINER COURSES

Company's who wish to run there own in-house training and qualifications benefit from our Instructor courses. The course allows you to instruct and qualify your own staff without having to go outside your company to look for providers.

Successful students are issued an instructor resource pack giving you everything you need to run your own course. Certification is a simple process through EFA Training.

For details call the office and ask for **Nigel**.

REFRESHER TRAINING ?

If you think you need refresher training the best idea is to look at what accidents you have had or are likely to have, and ask us to put together a course that fits. Its probably only a 3 hour session and best of all its realistic to your work place.

QUALIFICATION IN DATE ?

First Aid qualifications are valid for three years. If you are in any doubt give us a ring and we can tell you when yours runs out.

USED YOUR SKILLS YET ?

If you have used your first aid skills to help someone, let us know and we will can tell your story in our next Newsletter.

TEST YOUR KNOWLEDGE ?

Q1, Chest compressions should start on a non-breathing casualty when ?

Q2, What does DR ABC stand for ?

Q3, How long should you check for breathing before deciding its absent ?

Q4, The first factor to consider when dealing with an incident is what ?

Q5, Pale cold clammy skin, rapid weak pulse & shallow breathing are signs of what ?

ANSWERS

- Q1, When there are no signs of circulation.
Q2, Danger, Response, Air-way, Breathing & Circulation.
Q3, 10 seconds.
Q4, Your Safety.
Q5, Shock.