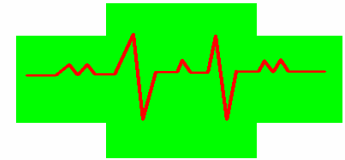


## EFA + TRAINING LTD

Emergency First Aid + Training

# NEWSLETTER FOR FIRST AIDERS



## FIRST AID TRAINING FOR EXPEDITIONS & WALKING.

A new course which is ideal for anyone who is involved with any sort of outdoor work or activities such as the Duke of Edinburgh's Award scheme, or local ramblers group. The course awards the Appointed Persons qualification and in addition deals with all the sorts of accidents & first aid applicable to walking & hiking. There are 2 types of courses Basic & Advanced. For details and course content look on our website.



## HSE CHANGES TO FIRST AID RULES AND REGULATIONS

Proposed changes to the First Aid rules and regulations will affect everyone. It is expected that employers will have to be more stringent in their risk assessments deciding the level of cover they need. The First Aid at Work course will probably 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 web site. No changes are expected before Jan 2006.

## BURNS TRAINING

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

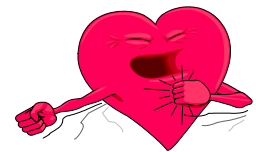
- Minor burns & scalds
- Severe burns & scalds
- Electrical burns
- Chemical burns
- Burns to the eyes

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 LTD WEBSITE**  
[www.efa-training.co.uk](http://www.efa-training.co.uk)

Our website gives you all the information you need on all our courses and keeps you up to date with any changes to procedures and protocols for first aid treatment.

## HEART ATTACKS & DEFIBRILLATION



Each year more than 135,000 people die in the UK from heart attacks. Only one treatment is effective and that is Defibrillation. With the Government's 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 companies to get people trained. The course is 3 hrs long and costs £40. per head.

## WILTSHIRE SEARCH & RESCUE SERVICES.

The Wiltshire Search & Rescue Team provides an essential and valuable service to the community throughout Wiltshire. EFA Training are now providing first aid training for members of the team. For more information about the Search & Rescue Team visit our website and click on the useful links.

## TRAIN THE TRAINER COURSES

Company's who wish to run their 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 Ltd.

For details call the office and ask for **Nigel** or look at the website.

## 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.

## TRAINERS WANTED !

We are looking for qualified trainers. If you think that at the end of your training your students are saying:

*We are a lot more confident and willing to help someone injured, and we had good fun at the same time as learning. I would recommend this course to anyone.*

If the answer is yes get in contact with me.

## TEST YOUR KNOWLEDGE ?

Q1, What is the main risk of bursting Blisters after a casualty has minor burns ?

Q2, Who can enter details in the accident book ?

Q3, What might be wrong with a casualty who is staring blankly, plucking at clothing, with slight twitching movements ?

Q4, What is likely to be wrong with a casualty who has difficulty breathing out and is short of breath ?

Q5, How do you treat a casualty suffering from Diabetic - Hypoglycaemia ?

## ANSWERS

Q1, Infection.  
Q2, Anyone.  
Q3, Minor seizure.  
Q4, Asthma attack.  
Q5, Give a sugary drink