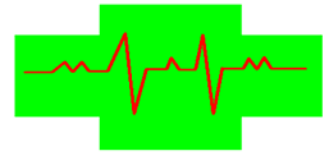


EFA + TRAINING LTD
Emergency First Aid + Training
NEWSLETTER FOR FIRST AIDERS



**EFA+TRAINING HELP COACH
WILTSHIRE ARMY CADET FORCE
TO SUCCESS IN FIRST AID
COMPETITION FOR THE 3rd YEAR
RUNNING.**

Wiltshire Army Cadet Force achieved First place in the South West Regional First Aid competition held in June this year.

The team will now represent the SW Region at the National event to be held at Royal Military Academy at Sandhurst in October.

EFA Trainings Managing Director Nigel Inseal who was responsible for training the cadets said he was very proud and pleased with their performance.

Nigel said 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 hopes the team will do well at the nationals.

EFA+TRAINING LTD WEBSITE
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.

MAXINE'S STORY

Maxine is a Catering Supervisor at Putteridge Bury Conference Centre University of Luton. Recently Maxine was able to help someone who was in need. This is her story.

"On a day trip to Clacton I was walking along the seafront when an elderly gentleman in front of me tripped and hit his head on the pavement. The people around were frantic and so I rushed to his aid.

I told him I was first aid trained and I could help. I checked him all over as I have been trained and found his head was bleeding quite badly. A bystander had a nappy with them and I used that to stem the blood loss, which worked a treat.

I also treated him for shock by putting my jacket over him trying to keep him warm.

A paramedic came out of one of the shops and checked him over. He said I had done everything correct and everything I could to make him comfortable until the ambulance arrived.

Thank you for the training"

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.

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.

COURSE COSTS FOR 2005.

First Aid at Work	£130.00p
First Aid at Work Re-Qual	£80.00p
Defibrillation	£40.00p
Appointed Persons	£40.00p
Basic Life Saver	£20.00p
Burns	£20.00p
Manual Handling	£30.00p

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 including lesson plans and a CD with Power Point Presentations. Certification is a simple process through EFA Training.

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

FIRST AID & FIRE TRAINING IN THE ONE DAY ?

This course offers 2 qualifications in the one-day. Basic Life Saving First Aid in the morning and Fire Awareness' training in the afternoon. Both sessions last for 3 hrs and can also be run as 2 separate courses if needed. Contact us for details.

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.

HOW DO I BOOK A COURSE ?

Give us a ring on 01373 823424 or book online at www.efa-training.co.uk

TEST YOUR KNOWLEDGE ?

Q1, The correct ratio for Chest compressions and rescue breaths is what?

Q2, What does DR ABC stand for ?

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

Q4, What is Anaphylactic Shock ?

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

ANSWERS

- Q1, 15 Compressions and 2 Rescue breaths.
Q2, Danger, Response, Air-way, Breathing & Circulation.
Q3, 10 seconds.
Q4, A Severe Allergic reaction to something.
Q5, Shock