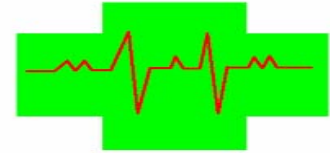


EFA + TRAINING LTD

Emergency First Aid + Training

NEWSLETTER FOR FIRST AIDERS



NEW RESUSCITATION GUIDLINES.

The new guidelines for resuscitation have now been published and will be taught on all our first aid courses starting Jan 2006.

There are a number of changes to the way we do things. Below are some examples:

1. If an unconscious casualty is not breathing normally start CPR by giving 30 compressions first then 2 rescue breaths.
2. When a casualty was in need of CPR we used to give 15 compressions and 2 breaths. The number of compressions has now been increased to 30. One reason behind this change is to maintain blood pressure, which will help circulation.
3. We used to start CPR by giving 2 rescue breaths now we start with compressions.
4. We used to check for circulation by looking for signs of life or tissue colour or if qualified by looking for a pulse. Now we teach the lay person to omit checking for circulation completely.
5. If you are unable or unwilling for any reason to give rescue breaths then just give chest compressions.
6. When giving a rescue breath only breath in for 1 second.
7. If you have help when giving CPR change over after every 2 mins.

NEW CPR UP-DATE COURSE



We are now running an up-date course, which will cover the new guidelines for dealing with an Unconscious casualty and CPR. The course lasts for 2 hrs and costs £20 per person. Contact us for details.

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.

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.

REFRESHER TRAINING ?

Normally a 2 hr session is enough. We will help you decide what you need. 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.

COURSE COSTS FOR 2006.

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

HOW DO I BOOK A COURSE ?

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

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.

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.

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 tell your story in our next Newsletter.

TEST YOUR KNOWLEDGE ?

Q1, What is Hypoxia ?

Q2, Shock can be described as ?

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

Q4, Vomited bright red frothy blood could indicate bleeding from ?

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

ANSWERS

Q1, Low levels of oxygen in the blood.
Q2, Any condition which causes a lack of oxygen to the brain, vital organs & tissues.
Q3, 10 seconds.
Q4, Lungs.
Q5, Shock