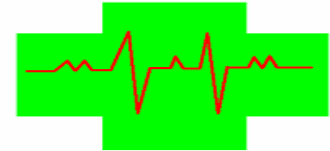


**EFA + TRAINING LTD**

Emergency First Aid + Training

**NEWSLETTER FOR FIRST AIDERS**



## **NEW CPR UP-DATE COURSE**



We are now running an up-date course aimed at refreshing your first aiders with skills learnt during their initial course. In particular 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/Warden' 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](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.

## **DISASTER & EMERGENCY TRAINING ?**

How would your organisation cope and react with a real disaster such as a Fire and perhaps during the evacuation people panicked and were hurt or burnt?

EFA Training are now running these valuable exercises.

We will organise:

- A realistic exercise to suit your company
- Realistic Casualties
- Practice your Fire Evacuation Drills
- Practice your Fire Wardens
- Practice your First Aiders

At the end of the exercise we will produce a report detailing the strengths and weaknesses and any recommendations to improve safety.

For more information call us and ask for **Nigel**

## **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

## **HOW DO I BOOK A COURSE ?**

Give us a ring on 01373 823424 or book online at [www.efa-training.co.uk](http://www.efa-training.co.uk)

## 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.

## 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**.

## 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.

## REFRESHER TRAINING ?

Normally a 2 hr session is enough. We will help you decide what you need. Contact us for details.

## DANNY'S STORY

Danny is a security specialist who attended a first aid course with us. Recently Danny was able to help someone who was in desperate need.

This is his story.

During a surfing trip off the coast of Devon I witnessed some people dragging a young man from the sea who was very nearly drowned. The people around were frantic and one of them was trying to give first aid. I could see at a glance that he was a bit mixed up and what he was trying to do was ineffective so I rushed to help.

I told them I was first aid trained and I could help. I checked him all over as I have been trained and found he wasn't breathing. A bystander had already called for the emergency services and so I started to resuscitate as I had been taught.

After a while I started to become tired as my trainer had warned me of on my course and so I asked someone else to take over and gave them instructions as to what to do. I then resumed CPR after a short break. It took nearly 20 mins for the coast guard and emergency services to get to us. When they arrived the casualty was defibrillated successfully and went to hospital. The Paramedics said defibrillation worked because the CPR given by us was effective.

"The end result was the training worked"

## 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