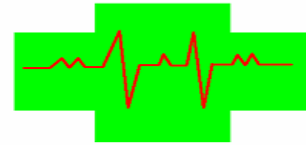


EFA + TRAINING LTD

Emergency First Aid + Training

NEWSLETTER FOR FIRST AIDERS



OXFORD UNIVERSITY FAR EASTERN EXPEDITION

In 1955 a group of explores from Oxford travelled to Singapore overland by vehicle. It was called the Great Overland Expedition. Today six students from Oxford University are again retracing the steps of the original expedition.

EFA Training have been helping them by providing the first aid equipment and training needed for a remote and wilderness environment. You can trace their progress by visiting their website at www.fareasternexpedition.com We are also providing a first aid hotline for any advise that may be needed by on route the team.

A BBC documentary will be shown later on next year about the expedition followed by a book. We look forward to them both.

DEFIBRILLATION TRAINING?

AED Defibrillation training is becoming more and more popular. We offer two courses the first designed for the lay person who needs Basic First Aid training as well as Defibrillation training (1 Day). Cost £60.

The second course is for the person who already knows CPR and just needs the Defibrillation training ($\frac{1}{2}$ Day). Cost £40.

Please call the office for more details.

FIRST AID SUPPLIES

Building on the success of our first aid courses we are now able to supply you with your first aid equipment and supplies. We have produced an 8 page catalogue which lists the essentials making it quick and easy to replace any used items.

Our first aid manuals have proven to be very popular, and these can also be obtained from us.

To order a **FREE** catalogue call us on 01373 - 823424.

PAEDIATRIC AND CHILD CARERS FIRST AID TRAINING

(New Statutory Guidance for Schools)

The Early Years Foundation Stage (EYFS) will come into effect from September 2008. From this date all schools will be required to have at least one member of staff with the 12 hour Paediatric First Aid certificate. As always schools will need to make contingency plans to cover school trips and staff taking holidays etc.

We can deliver this course at your venue if needed, The course can also course be run over a number of evenings. If you are able to host a course we will give you a free place. Funding is also available.

Please call the office for more details.

QUALIFICATION CHANGES FOR FIRST AID COURSES, 2009

From the 1st October 2009 all first aid qualifications will be valid for one year only as opposed to three years currently.

A brief summary of the known changes are as follows:

1. The 4-day FAW will be replaced by a 3-day FAW course.
2. The Appointed Person qualification will be replaced with a new HSE approved 1-day course called the Emergency First Aid at Work (EFAW) qualification (Minimum of 6 hours).
3. The HSE are strongly recommending that all students of both the FAW and EFAW qualifications have annual refresher training.
4. A new risk assessment of First Aid requirements in the workplace will be developed by the HSE, and will be posted on their website once their final decision has been made. It looks like the medium risk group will be removed.

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

WHAT COURSE DO I NEED?

Give me ring on 01373 823424 and ask for Nigel. I will help you select the right course for your needs.

HOW DO I BOOK A COURSE?

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

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.

DOMINIQUE'S STORY

Dominique is a Soldier who attended a first aid course with us. Recently Dominique was able to help someone who was in desperate need.

This is her story.

Dominique was on duty in the medical station when a soldier appeared who had severed /crushed his thumb in an accident. Using her skills and knowledge learnt from her course she managed to stem the bleeding from the hand and look after the severed thumb correctly so as it had a chance of being sewn back on. Throughout the whole incident Dominique was very aware of the danger of the soldier going into shock and took steps to try and prevent this.

The Doctors have said that the Thumb stands a good chance of being replaced due to the initial first aid being effective.

The soldier has expressed his gratitude to Dominique.

"The end result was the training worked"

COMMON INJURY'S ?

Burns/Scalds & Choking

According to statistics two of the most common injury's which can happen in the home are Burns/Scalds & Choking.

We are now offering a 2 hour course which will show you how to treat these types of accidents.

Cost £30

Call the office for details.