

## First Aid and First Aid for Mental Health Courses

Course	Number of delegates	Brief description	Duration
L3 First Aid at Work	12	<p>It is a requirement of the Health &amp; Safety law that employers provide a safe and healthy environment to work in. If your assessment of first aid needs highlights the need for qualified first aiders, then this level 3 qualification (level 6 in Scotland) will provide you with suitable, highly trained personnel.</p> <p>This comprehensive three-day course covers a wide range of first aid emergencies, enabling all participants to deal with emergency situations with confidence in a prompt, safe and effective way. In addition, this course will include any protocol changes that may have arisen since their last training course.</p> <p>This course will give the participants a qualification to the highest level of First Aid, meeting the statutory requirements of the Health and Safety (First Aid) Regulations 1981.</p>	3 days
L3 First Aid at Work Requalification	12	<p>First Aid at Work course is designed for those who currently hold a First Aid at Work qualification and are due to expire. Please consider the following rules for attendance:</p> <ul style="list-style-type: none"> <li>• A First Aider can renew their FAW qualification by attending a 2-day requalification course without question, if it's within 1 month past the expiry date</li> <li>• If the First Aider has lapsed by more than 1 month, but no longer than 3 months, then the First Aider can requalify by attending a 2-day course providing 'Special considerations' have been applied</li> </ul>	2 days
L2 Emergency First Aid at Work	12	<p>Where an organisation's risk assessment of First Aid needs identifies that there is a requirement for Emergency First Aid at Work practitioners, then this national Award in Emergency First Aid at Work satisfies the requirements of the regulatory body for First Aid - the Health and Safety Executive (HSE).</p> <p>All learners will have the skills and knowledge to provide the organisation with Emergency First Aider's that can provide treatment to their casualties in a prompt, safe and effective manner. This is the minimum first aid requirement for people with advanced team teach qualifications.</p>	1 day (6 hours)
L3 Paediatric First Aid at Work	12	<p>The qualification is designed for learners with a responsibility for the care of children and babies on a professional level. The purpose of the qualification is for the learner to attain the knowledge and practical competence required to deal with a range of paediatric first aid situations.</p> <p>Ofsted and the Early Years Foundation Stage</p>	2 days

## First Aid and First Aid for Mental Health Courses

		This two-day qualification fulfils the requirements for first aid training detailed in the Department for Education's statutory framework for the Early Years Foundation Stage.	
L2 Emergency Paediatric First Aid at Work	12	<p>The qualification is designed for learners with a responsibility for the care of children and babies and provides knowledge and skills to deal with a range of paediatric first aid conditions and incidents.</p> <p>The purpose of the qualification is for the learner to attain the knowledge and practical competence required to deal with a range of Paediatric First Aid situations.</p> <p>The FAA Emergency Paediatric First Aid qualification is unit 1 of the two-day FAA Paediatric First Aid qualification. From gaining this Emergency Paediatric First Aid qualification learners could progress to completing unit 2 and being awarded the 2-day FAA Award in Paediatric First Aid.</p>	1 day (6 hours)
Annual Refresher for First Aiders	16	<p>Although it is not mandatory, the HSE strongly recommend that HSE qualified First Aiders and Emergency First Aiders undertake an annual refresher course in order to keep their skills up-to-date and refreshed.</p> <p>The qualification period for both groups of First Aiders is 3-years. It was felt that this period was too long without any additional training.</p>	3 hours
L3 Activity First Aid	12	<p>This Level 3 qualification is made up of two units including First Aid Essentials. It is specifically designed for those who are involved in any form of activity, including sports, leisure and recreation.</p> <p>Not only is Basic Life Support included, but many other First Aid conditions are also covered, making the full qualification very comprehensive.</p> <p>Unit 1, (or day 1) of this qualification contains and covers the learning outcomes of the level 3 Award in Emergency First Aid at Work, so those who wish to gain the level 3 award in EFAW are able to sit day 1 of this qualification.</p>	2 days
L2 Basic Life Support	12	<p>The Basic Life Support qualification will give learners the skills and knowledge to act in an emergency situation providing the casualty with critical lifesaving assistance until support arrives.</p> <p>The qualification is delivered following the protocols set by the Resuscitation Council (UK) Guidelines.</p>	3 hours
L2 Basic Life Support & Safe use of and AED	12	<p>Heart and circulatory disease claims around 200,000 lives each year. Many could have been saved if a defibrillator was made available.</p> <p>Automated External Defibrillators (AED's) are now becoming more common throughout a range of public and work places.</p> <p>A casualty's survival rate will dramatically increase if an AED is available and if you have appropriately qualified personnel to use it.</p>	4 hours

## First Aid and First Aid for Mental Health Courses

		<p>This very practical course will enable your learners to use the AED competently and with confidence.</p> <p>Not only does this course deal with the use of an AED but it also includes vital training in basic life support including resuscitation.</p>	
L2 Defibrillation (CPR & AED Skills)	12	<p>Heart and circulatory disease claims around 200,000 lives each year. Many could have been saved if a defibrillator was made available.</p> <p>Automated External Defibrillators (AED's) are now becoming more common throughout a range of public and work places. A casualty's survival rate will dramatically increase if an AED is available and if you have appropriately qualified personnel to use it.</p> <p>This very practical course will enable your learners to use the AED competently and with confidence.</p> <p>Not only does this course deal with the use of an AED but it also includes vital training in resuscitation and choking procedures.</p>	1 day (6 hours)
Defibrillation Annual Refresher	12	As above	3 hours
L3 Immediate Management of Anaphylaxis	12	<p>An Anaphylactic shock, or anaphylaxis, is a life-threatening, serious allergic reaction to an allergen such as food substances or insect stings. If it is not treated appropriately, it may cause death. This training is for qualified First Aiders and Emergency First Aiders to enable them to recognise and treat anaphylaxis safely and effectively.</p> <p>When administering a medication, it is important to recognise and differentiate between allergic reactions and the potentially life-threatening anaphylactic reactions immediately. It is also essential to determine whether the individual has had an allergic or anaphylactic response to the medication in the past or prior to administration.</p> <p>This course is suitable for all First Aiders and healthcare professionals, as well as those in a high risk environment where such medication is available.</p>	1 day (6 hours)
L3 Oxygen Therapy Administration	12	<p>This training enables users to administer oxygen safely and effectively, for casualties with breathing difficulties. Delegates will learn how and when to administer oxygen to a casualty and the safety concerns with carrying, storing and administering it.</p> <p>This course is suitable for qualified First Aiders, Emergency First Aiders, dental practitioners and dental care professionals, nurses, healthcare professionals and others working in an environment where oxygen is available for casualty welfare.</p>	1 day (6 hours)
L2 First Aid Risk Assessment	12	<p>The Health and Safety (First-Aid) Regulations 1981 require employers to provide adequate and appropriate equipment, facilities and trained</p>	1 day (6 hours)

## First Aid and First Aid for Mental Health Courses

		<p>personnel, to ensure their employees receive immediate attention if they are injured or taken ill at work.</p> <p>What is 'adequate and appropriate' will depend on the circumstances in the workplace. This includes whether trained First Aiders are needed, what should be included in a First Aid box and if a First Aid room is required.</p> <p>In order to produce a Risk Assessment of First Aid Needs, consideration of workplace hazards and risks, the size of the organisation and other relevant factors need to be taken into account in order to determine what First Aid equipment, facilities and trained personnel should be provided.</p> <p>This course will provide detailed information about the considerations and relevant factors in order to determine the needs and requirements and to ultimately produce a Risk Assessment of First Aid Needs for the business.</p>	
Appointed Person	16	<p>Where an employer's assessment of First Aid needs identifies that a First Aider or Emergency First Aider is not necessary, the minimum requirement on an employer is to appoint a person to take charge of the First Aid arrangements, including looking after equipment and facilities, and calling the emergency services when required.</p>	2 hours
L1 Awareness of First Aid for Mental Health	16	<p>Anyone can be affected by a mental health condition either themselves or a family member, friend or colleague. This awareness course is suitable for everyone as it provides learners with the knowledge to recognise a suspected mental health condition and the skills to start a conversation and be able to signpost a person towards professional help.</p> <p>All members of the public can benefit from this course and it is a great stepping stone into First Aid for Mental Health.</p>	4 hours
L2 First Aid for Mental Health	16	<p>Anyone can be affected by a mental health condition either themselves or a family member, friend or colleague. This course is suitable for everyone but has been designed to help employers to provide a positive mental health culture within the workplace and to provide learners with comprehensive knowledge on a range of the most common mental health conditions and the skills to be able to act should a condition be suspected. Learners undertaking this course will be considered First Aiders for Mental Health and be a point of contact within the workplace to help and support those with a suspected mental health condition.</p> <p>Building on the Level 1/4 Award in Awareness of First Aid for Mental Health this course introduces the First Aid for Mental Health Action Plan which allows learners to provide their peers with comprehensive guidance and support for a suspected mental health condition.</p>	1 day (6 hours)

## First Aid and First Aid for Mental Health Courses

		<p>Learners will be able to provide signposting to professional help and support that person whilst they are receiving professional assistance.</p> <p>This course also covers the effects of drugs and alcohol and provides learners with the skills and knowledge to assist employers in implementing a positive mental health culture to support employees within a workplace.</p>	
L3 Supervising First Aid for Mental Health	16	<p>Anyone can be affected by a mental health condition either themselves or a family member, friend or colleague.</p> <p>This course builds on the Level 2/5 Award in First Aid for Mental Health and covers a wider range of mental health conditions and goes into detail on the range of therapy and professional support that a person may be given by professional bodies during treatment for a mental health condition.</p> <p>The course is suitable for all persons within a workplace but is aimed at those who hold a supervisory/managerial level position and who have responsibility for implementing a positive mental health culture and responsibility for First Aid for Mental Health within an organisation.</p>	2 days