



## First Aid Training Courses

The CPR Training Team at Middlesex University provides First Aid training courses approved by the Health and Safety Executive (HSE) in accordance with the current Health and Safety (First Aid) Regulations 1981.

### SCHOOL OF HEALTH AND SOCIAL SCIENCES

#### First Aid at Work (3 Days)

Employers are required to provide adequate first aid provision if they have 5 or more employees. The level of first aid provision will be dependent upon the employer performing a workplace risk assessment.

#### Who Should Attend?

Any employee who is required to act as a first aider in the workplace.

#### Syllabus

- First Aid priorities
- Unconsciousness
- Casualty assessment
- Resuscitation
- Heart Attacks
- Seizures
- Fractures
- Poisoning
- Burns and scalds
- Eye injuries
- First aid kit contents

#### Assessment/Certification

A practical assessment is carried out on day 3, successful completion of which will result in the award of a First Aid At Work certificate. This certificate is valid for 3 years at the end of which attendees need to complete a 2 day requalification course prior to expiry of their certificate.

The HSE strongly recommend a ½ day skills update be attended on an annual basis.

#### Course dates

#### First Aid at Work (FAW) - 3 days

11, 12 & 13 July 2012  
7, 8 & 9 January 2013  
Time: 09:00 hrs – 16:30 hrs

#### Fee

£225pp which includes a first aid manual and first aid kit

#### FAW Requalification (2 days)

11 & 12 June 2012  
Time: 9am -16:30pm

#### Fee

£150pp which includes a first aid manual and first aid kit

#### Emergency First Aid at Work (1 Day)

This course is designed for those who are required to act as a first aider in a workplace assessed as being low-medium risk or to act as additional assistance to those who have attended the full 3 day course.

#### Syllabus

- First Aid priorities
- Managing Incidents
- Casualty assessment
- Resuscitation
- Major bleeds and shock
- Unconsciousness
- Seizures
- First aid kit contents

#### Assessment/Certification

No summative assessment but continuous observation by the trainer throughout the course. Those who successfully complete the course will be issued with a certificate valid for 3 years at the end of which attendees will need to renew their certificate.

The HSE strongly recommend a ½ day skills update be attended on an annual basis.

#### Emergency First Aid at Work (1 Day)

30 May 2012  
4 September 2012  
5 November 2012  
Time: 09:00 – 16:30 hrs (full day)

#### Fee

£85pp which includes EFAW manual and personal first aid pouch

#### Skills update (half day)

13 June 2012  
5 July 2012  
Time: 09:00 – 12:30 hrs (½ day)

#### Fee

£40pp

#### Contact us

#### Fiona Suthers

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Middlesex University  
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Holborn Union Building (Level 1)  
Archway Campus, 2 - 10 Highgate Hill  
London, N19 5LW

## BASIC LIFE SUPPORT TRAINING COURSES

### Basic Life Support – 3 hour session

This 3 hour practical programme provides the fundamental building blocks necessary to be competent in the resuscitation of adults. The anaphylaxis element is designed for those who may be expected to deal with allergic reactions in the community i.e. with health centres, schools and nurseries.

#### Syllabus

- Knowledge of the importance of airway, breathing and circulation
- Be capable of performing a primary survey and react appropriately to findings
- Treatment of an unconscious casualty
- Management of a casualty in a cardio-respiratory arrest
- Management of a casualty with a foreign body airway obstruction
- Use of airway adjuncts
- Signs and symptoms and treatment of a severe anaphylactic reaction
- The importance of adrenaline, dosage and route of administration
- The use of auto injectors such as EpiPen

#### Course dates

13 June 2012

5 July 2012

18 September 2012

Time: 9.30am—12.30pm

#### Fee

£40pp

### Paediatric Life Support session – 3 hour session

This 3 hour practical course is for those who have contact with prepubescent children and infants under 1 year and covers all of the above criterion but in relation to a much smaller casualty for which modifications to resuscitation apply. The anaphylaxis element is designed for those who may be expected to deal with allergic reactions in the community i.e. with health centres, schools and nurseries.

#### Course dates

4 September 2012

Time: 9.30am—12.30pm

#### Fee

£40pp

#### Assessment/Certification

No summative assessment for either course but continuous observation by the trainer throughout. Attendees are expected to actively participate in these largely practical session and will be issued with a certificate on completion which is valid for one year.

#### Contact us

#### Fiona Suthers

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