



HABC Emergency First Aid at Work



This training session is suitable for anybody wanting to learn lifesaving first aid skills and qualify as an Emergency First Aider.

Measures have been put in place to be able to provide safe social distanced training. These are as follows:-

- Ensuring that training is completed in rooms large enough to have delegates spread safely apart
- The training providers have purchased full size dolls (not the usual ones that we use but instead ones with arms and legs) so that delegates do not need to practice the recovery position on one another. This will also help with things like bleeding, as the trainer will demonstrate on the doll and then the delegates will be able to carry out the bandaging on themselves
- The training providers have also adapted their activities so that the course can remain interactive and fun, whilst also ensuring that delegates remain a safe distance apart- they have also incorporated more videos to help
- Resus Annies will be one per person and while the trainer will demonstrate how to do rescue breaths on her own Annie, the delegates in the group will not be required to do this unless they really would like to. If they would like to, then the lungs on the dolls will be changed in-between delegates and a Faceshield will be given to the delegate prior to doing so - however we are not encouraging delegates to do this
- Appropriate PPE will be worn throughout the session

The areas covered in this training are:-

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|---------------------|----------------------|----------------------|----------------------|
| * DRABC | * Recovery position | * Seizures | * Choking |
| * CPR | * External bleeding | * Shock | * Cuts & Grazes |
| * Burns & Scalds | * Splinters | * AED | * Accident Reporting |
| * Sprains & Strains | * Breaks & Fractures | * Diabetic Emergency | * Head Injuries |
| * Anaphylaxis | * Asthma | * Angina | * Heart Attack |
| * Stroke | | | |

Dates for 2020: 28 September

27 October

25 November

14 December

Where: Management Suite, Thorpe St Andrew School and Sixth Form (Pound Lane entrance)

Time: 9am - 4pm

Cost: £45 per person

To book your place please email ntlec@thorpe-st-andrew.norfolk.sch.uk