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Course Brochure

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Section One

First Aid



Level 2 Award in

Basic Life Support and Safe Use of an Automated External Defibrillator



1/2 day course



Certificate valid for 3 years



Ofqual regulated

Be Prepared

Sudden cardiac arrest is one of the UK's biggest killers, and yet statistics show that most of the British public are unaware of the life-saving difference they can make by performing CPR and defibrillation.

The **Level 2 Award in Basic Life Support and Safe Use of an Automated External Defibrillator** qualification has been designed to provide candidates with the skills needed to administer safe, prompt and effective basic life support and use an AED safely in emergency situations.

With an estimated 60,000 out of hospital cardiac arrests occurring every year in the UK alone, make sure you are prepared!

What's Covered?

- + Chain of survival
- + Assessing an incident
- + Casualty assessment
- + Managing an unresponsive casualty
- + Recovery position
- + CPR
- + AED safety considerations
 - Using an AED
 - Combining AED use with CPR
 - Using an AED on a child
- + Procedures for when Emergency Services arrive

Did you know?

Did you know that following a cardiac arrest, every minute without CPR and defibrillation reduces a casualty's chance of survival by 10%?

Level 2 Award in

Basic Life Support and Management of Anaphylaxis



1/2 day course



Certificate valid for 1 year



Ofqual regulated

Content approved by the Anaphylaxis Campaign



Be Prepared

Anaphylaxis is a severe and life-threatening allergic reaction, which requires immediate medical attention. With the number of sufferers increasing each year, it is extremely important to know what to do when faced with this acute emergency condition.

The **Level 2 Award in Basic Life Support and Management of Anaphylaxis** qualification has been designed for those who have a specific responsibility at work, at home or in voluntary and community activities, to provide basic life support and manage anaphylaxis when dealing with an emergency. Successful candidates will be able to recognise the signs and symptoms of anaphylaxis, and will be equipped with the vital skills needed to administer safe, prompt and effective treatment.

What's Covered?

- + Chain of survival
- + Incident and casualty assessment
- + Managing an unresponsive casualty
- + CPR and defibrillation
- + Recovery position
- + Common anaphylaxis triggers
- + Signs and symptoms of anaphylaxis
- + Treatment
- + Medication
- + Adrenaline auto-injectors

Did you know?

Our Fab First Aid Fund has provided funding for community defibrillator awareness sessions across the region. Get in touch to find out more.



Book with us on **01377 790842**
and help your community to learn
potentially life saving skills

Level 3 Award in

Emergency First Aid at Work



1 day course



Certificate valid for 3 years



Ofqual regulated


Is Your Workplace Prepared?

The Health and Safety (First Aid) Regulations 1981 require all employers to make arrangements to ensure their employees receive immediate attention if they are injured or taken ill at work. This includes carrying out a risk assessment, appointing a suitable amount of first aiders and providing appropriate first aid training. However, having the correct first aid provision in the workplace is not just a legal requirement, it is incredibly important for the safety of all members of staff!

The **Level 3 Award in Emergency First Aid at Work** qualification is designed for individuals who wish to act as an emergency first aider in their workplace. Upon successful completion of this qualification, candidates will be equipped with the essential skills needed to give safe, prompt and effective first aid in emergency situations.

What's more, as a regulated qualification, employers can book this course for their employees and rest assured that they have fulfilled their legal responsibilities for providing quality first aid training, without having to undertake any lengthy due diligence checks.

What's Covered?

- | | |
|---|---|
|  The roles and responsibilities of an emergency first aider |  Seizures |
|  Assessing an incident |  Shock |
|  Managing an unresponsive casualty |  Wounds and bleeding |
|  CPR and defibrillation |  Minor injuries |
|  Recovery position | - Cuts, grazes and bruises |
|  Choking | - Minor burns and scalds |

Did you know?

On average an estimated 555,000 workers in Britain sustain an injury at work each year.

Level 3 Award in

First Aid at Work



3 day course



Certificate valid for 3 years



Ofqual regulated

Is Your Workplace Prepared?








The Health and Safety (First Aid) Regulations 1981 require all employers to make arrangements to ensure their employees receive immediate attention if they are injured or taken ill at work. This includes carrying out a risk assessment, appointing a suitable amount of first aiders and providing appropriate first aid training. However, having the correct first aid provision in the workplace is not just a legal requirement, it is incredibly important for the safety of all members of staff!

The **Level 3 Award in First Aid at Work** qualification is specifically designed for individuals who work within an environment with an increased risk (such as a workshop or factory setting), and who wish to act as a first aider in their workplace. Successful candidates will learn how to manage a range of injuries and illnesses that could occur at work and will be equipped with the essential skills needed to give emergency first aid.

What's more, as a regulated qualification, employers can book this course for their employees and rest assured that they have fulfilled their legal responsibilities for providing quality first aid training, without having to undertake any lengthy due diligence checks.

PLEASE NOTE: If your **First Aid at Work** certificate is due to expire and you wish to continue acting as a first aider, you are required to renew your qualification before expiry. This can be achieved by attending a 2 day re-qualification course, visit our website or get in touch for more details.

What's Covered?

- | | |
|--|---|
|  The role and responsibilities of a first aider |  Anaphylaxis |
|  Assessing an incident |  Shock |
|  Managing an unresponsive casualty |  Head and spinal injuries |
|  CPR and defibrillation |  Chest injuries |
|  Recovery position |  Wounds and bleeding |
|  Heart attack |  Fractures |
|  Stroke |  Sprains, strains and dislocations |
|  Choking |  Minor injuries |
|  Epilepsy |  Burns and scalds |
|  Asthma |  Poisoning |
|  Diabetes |  Eye injuries |

Level 3 Award in Paediatric First Aid



2 day course



Certificate valid for 3 years



Ofqual regulated

Be Prepared













The Early Years Foundation Stage (EYFS) Statutory Framework requires all early years providers in England to have at least one person who has a current and full paediatric first aid certificate on the premises and available at all times when children are present. Providers should also take into account the number of children, staff and layout of the premises and increase their paediatric first aid provision accordingly to ensure that a paediatric first aider is available to respond to emergencies quickly.

The **Level 3 Award in Paediatric First Aid** has been specifically designed to meet the criteria set by the Department for Education's EYFS Framework and is ideal for:

- Those who have gained a level 2 and/or level 3 childcare qualification and have entered into an early years setting and wish to be included in the staff to child ratios to comply with EYFS requirements.
- Registered childminders and assistants who are required to hold a current and full paediatric first aid certificate in order to comply with the EYFS requirements.
- Anyone who has a non-professional involvement with infants and children, such as parents, grandparents and want to learn key paediatric first aid skills.

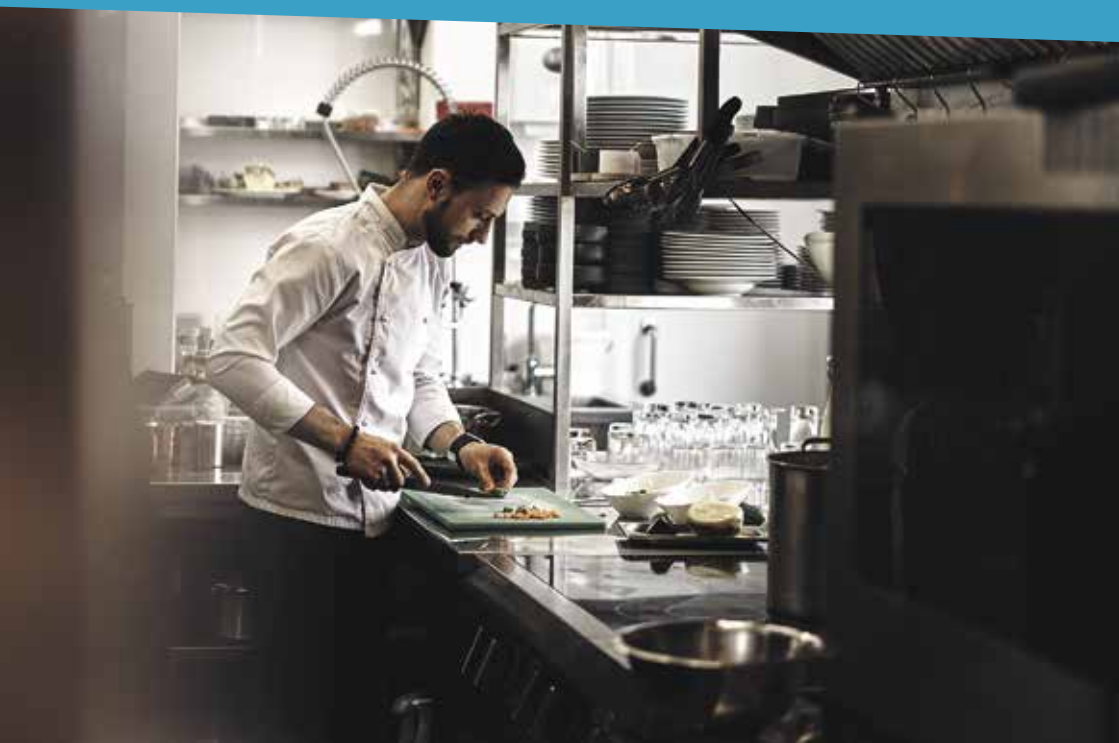
Successful candidates will learn the roles and responsibilities of the paediatric first aider, and will be equipped with the necessary skills to administer safe and effective treatment when dealing with a range of paediatric first aid situations.

What's Covered?

- | | |
|--|--|
|  The roles and responsibilities of a paediatric first aider |  Seizures |
|  Assessing an emergency situation |  Diabetic emergencies |
|  Dealing with an unresponsive infant or child |  Poisoning |
|  Recovery position |  Burns and scalds |
|  CPR and AED |  Electric shock |
|  Choking |  External bleeding |
|  Head, neck and back injuries |  Hypovolaemic shock |
|  Fractures |  Eye, ear and nose conditions |
|  Anaphylaxis and allergic reactions |  Bites and stings |
|  Meningitis |  Minor injuries |
|  Asthma |  Treatment for hot and cold body temperatures |
|  Febrile convulsions | |

Section Two

Hospitality



Level 2 Award in Personal Licence Holders



1 day course



Lifetime qualification unless revoked or forfeited



Ofqual regulated

Course Overview

The **Level 2 Award for Personal Licence Holders** confirms the ability to meet 'license to practise' requirements. This 1 day course allows holders of the qualification to apply for a personal licence under the Licensing Act 2003 (England and Wales) which allows the holder to sell or authorise the sale of alcohol on licensed premises. A personal licence is also required to apply to become a designated premises supervisor (DPS).

This qualification has been designed for those who want to work in, or are looking to advance their career in the licensed retail sector. Successful candidates will gain an understanding of the application process for a personal licence, the legal duties of a personal licence holder and the role, responsibilities and functions of licensing authorities.

What's Covered?

- The nature, purpose and period of validity of a personal licence
- The application process and legal duties when applying for a personal licence
- Legal duties of a personal licence holder
- Roles, responsibilities and functions of licensing authorities
- Licensing objectives and the importance of partnerships in promoting licensing objectives
- Nature and strength of alcohol and the effect on the body
- The law in relation to premises licenses
- The role and responsibilities of the Designated Premises Supervisor (DPS)
- Temporary Event Notices (TEN)
- Rights and legal duties of the responsible persons in relation to operation of licensed premises
- The law in relation to the protection of children on licensed premises
- Prohibitions and exemptions in relation to licensable activities

Level 2 Award in Underage Sales Prevention



1 day course



Refresher training recommended every 3 years



Ofqual regulated

Course Overview

Any individual working, or preparing to work, in retail or licensed premises will need to know how to prevent the underage sale of age-restricted products, such as alcohol, tobacco and knives.

The **Level 2 Award in Underage Sales Prevention** has 5 different industry-specific pathways, including retail, licensed hospitality, gambling, restricted entertainment and body modification.

What's Covered?

- The law relating to the underage sale of restricted products or services
- How to refuse the sale of an age-restricted product or service
- How to manage conflict resulting from a challenge of age or refusal of sale
- Why you should record admissions and sale refusals
- Other topics related to your chosen pathway (retail, hospitality, gambling, restricted entertainment or body modification)



How many cardiac arrests is it estimated occur outside of the hospital environment each year in the UK?

Level 2 Award in

Food and Safety in Catering, Retail or Manufacturing



1 day course



Refresher training recommended every 3 years



Ofqual regulated

Food Safety

EU and UK regulations state that all food handlers must receive appropriate training in food safety practices relevant to their duties. However, having a good understanding of food safety practices is not only a legal requirement, it is also essential in protecting the health of both consumers and food handlers.

The **Level 2 Award in Food Safety in Catering, Retail or Manufacturing** is a regulated and nationally recognised qualification for people working, or planning to work, in the food industry. The qualification is also ideal for those who come into contact with food handling areas due to the nature of their work, such as pest control officers and delivery personnel.

Successful candidates will gain a strong understanding of the importance of food safety, including correct food handling practices and measures to reduce the risk of contamination.

What's Covered?

-  The importance of food safety
-  Food safety laws
-  Legal responsibilities of food handlers
-  Types of contamination and the associated risks
-  Bacteriology
 - Food poisoning
 - Foodborne illnesses
-  An introduction to Hazard Analysis and Critical Control Points (HACCP)
-  Personal hygiene
-  Work flow, work surfaces and equipment
-  Cleaning and disinfection
-  Waste disposal
-  Pest control
-  Safe food handling practices including time and temperature controls
 - Preparation
 - Cooking & reheating
 - Chilling
 - Cooling
 - Freezing
 - Thawing
 - Hot holding
 - Displaying food
 - Core temperatures
 - Food preservation
 - Storage
-  Stock control procedures

Level 2 Award in

Food Allergen Awareness and Control in Catering



1/2 day course



Refresher training recommended every 3 years



Ofqual regulated




Food Safety

Give your food handlers confidence when it comes to allergens! Food intolerances can cause real issues to many people in terms of their health. It's therefore appropriate that food handlers are aware of the issues around allergens, intolerances and the legislation designed to protect the public.

The **Level 2 Award in Food Allergen Awareness and Control in Catering** has been developed for food handlers and other staff involved in food preparation service within the catering industry.

Supported by Allergy UK, the leading national charity dedicated to supporting those with allergies, the qualification provides essential knowledge and understanding of food allergens and foods that commonly cause intolerances. This qualification is supported by Allergy UK, who regard it as suitable staff training for catering outlets that wish to apply for their Allergy Aware Scheme.

What's Covered?

-  Knowledge and understanding of the most common trigger foods
-  The characteristics and effects of intolerances
-  The importance of effectively communicating information regarding allergenic ingredients to customers

Did you know?

Our Fab First Aid Fund has provided funding for this course to be delivered to community groups across the region. Get in touch to find out more.



Book with us on **01377 790842**
and help your community to learn
potentially life saving skills



Looking for
more?

Did you know that we also offer more advanced hospitality training including HACCP?

Group training sessions can be delivered at your workplace for any of our courses.

For more information please contact our team.

Section Three

Health & Social Care



Level 2 Award in

Principles of Safe Handling and Administration of Medication



1 day course



Refresher training recommended every 3 years



Ofqual regulated







Course Overview

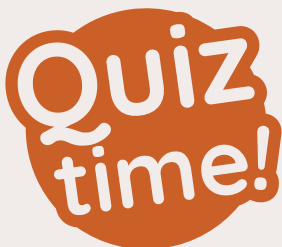
The **Level 2 Award in Infection Prevention and Control** is a regulated and nationally recognised qualification that has been specifically designed for those with a responsibility to help stop the spread of infection within their job role, particularly useful for health care assistants, health care workers or social care workers.

During this half-day course, candidates will develop a greater understanding of infection prevention and control, including: roles and responsibilities, personal hygiene, and ways to minimise the risk of infection in a health and care setting.

Upon successful completion, candidates will be equipped with the necessary skills and knowledge needed to implement infection prevention and control into their workplace.

What's Covered?

-  Importance of infection prevention and control
-  Roles and responsibilities
-  Minimising the risk of infection:
 - The importance of risk assessments
 - Potential risks of infection within the workplace
-  Personal Protective Equipment (PPE)
-  Personal hygiene
-  Hand washing procedures



What does a Personal License allow the holder to do?

Level 2 Award in

Safeguarding and Protecting Children, Young People and Adults at Risk



1/2 day course



Refresher training recommended every 3 years



Ofqual regulated

Be Prepared

The **Level 2 Award in Safeguarding and Protecting Children, Young People and Adults at Risk** is a regulated and nationally recognised qualification that has been designed to provide learners with the valuable skills and knowledge required to competently carry out their roles and responsibilities relating to safeguarding.

Ideal for those who have a responsibility for safeguarding and protecting in environments such as the NHS, education, healthcare, social services and those who work in voluntary/unpaid positions, this 1/2 day qualification covers all of the key aspects of safeguarding, such as current guidelines and legislation, different forms of abuse and responding to disclosure and suspected abuse.

What's Covered?

-  Understanding safeguarding and protection responsibilities:
 - Current guidelines and legislation
 - Safe ways of working
-  Different types of abuse, including:
 - Signs, symptoms and indicators
 - Why abuse is not always recognised
 - Factors to be considered when abuse is suspected
-  Support mechanisms available for staff and others following abuse
-  Procedures for reporting, recording and responding to:
 - Suspected abuse
 - Disclosure of abuse
 - Alleged abuse
-  The Government's person centred approach to safeguarding and protection, including:
 - Duty of care
 - Best practice

Did you know?

Under current guidelines, organisations who work with children, young people and adults at risk have a duty to safeguard and promote their welfare.

Level 2 Award in

Infection Prevention and Control



1/2 day course



Refresher training recommended every 3 years



Ofqual regulated

Course Overview

This regulated and nationally recognised qualification has been specifically designed for those who want to work in, or are looking to refresh their knowledge of the safe handling and administration of medication within a health and social care setting, such as support workers or care workers.

The **Level 2 Award in Principles of Safe Handling and Administration of Medication** also provides successful candidates with an understanding of current legislation and guidance, different types of medication, the storage and disposal of medication, and much more over this one-day course.

What's Covered?

- Understanding the benefits and risks of taking and/or not taking medication
- Legislation and guidance for the safe handling and administration of medication
- Requirements for patient confidentiality
- Common types of medication
- Different legal classifications of medication
- Different routes for the administration of medicines
- Roles and responsibilities in the use of medication
- Preparation, storage and safe disposal of medication
- The requirements for recording the use of medication



What does the Department of Education state about Childcare Settings and their first aid provision?

Section Four

Health & Safety



Level 2 Award in Fire Safety



1 day course



Refresher training recommended every 3 years














Ofqual regulated

Is your Workplace Safe?

The **Level 2 Award in Fire Safety** is a regulated and nationally recognised qualification that has been specifically designed for anyone who has a specific responsibility for fire safety in the workplace, such as designated fire wardens/fire marshals.

Successful candidates will gain an understanding of fire safety management at work and the specific roles and responsibilities related to fire safety in the workplace.

What's Covered?

-  Causes of fires in the workplace
-  The fire triangle
-  Hazards during and after a fire
-  Fire and smoke spread
-  Identifying and controlling fire hazards:
 - Fire prevention
 - Fire detection and raising the alarm
 - Means of escape
 - Principles of extinguishing fires
 - Fire-fighting equipment and systems
-  Fire safety laws
-  Duties and responsibilities of employers and employees
-  Undertaking a fire safety inspection
-  Fire safety risk assessments
-  Contents of a fire safety briefing
-  Roles and responsibilities of the nominated fire warden:
 - On a day-to-day basis
 - During an emergency

Did you know? Breaches of fire safety laws can result in unlimited fines and imprisonment.

Level 2 Award in

Health and Safety in the Workplace



1 day course



Refresher training recommended every 3 years



Ofqual regulated

Is your Workplace Safe?

It is an employer's duty to protect the health, safety and welfare of their employees and other people who might be affected by their business. This includes providing sufficient information, instruction and training to employees to allow them to work in a way that does not put themselves or others at risk.

The **Level 2 Award in Health and Safety in the Workplace** is ideal for all employees, as it helps candidates develop a greater understanding of health and safety issues and the role that everyone plays in maintaining a safe working environment. What's more, with subjects covered in just 1 day, this regulated and nationally recognised qualification is the ideal way for organisations to improve health and safety awareness, whilst minimising disruption to everyday business operations!

What's Covered?

- ⚠ Roles and responsibilities of employers and employees
- ⚠ Health and safety laws, including:
 - Penalties for non-compliance
 - Training and competence in the workplace
 - Communicating health and safety information
- ⚠ Risk assessments and risk control hierarchy
- ⚠ Procedures for responding to accidents and incidents
- ⚠ Recording incidents, accidents and ill health
- ⚠ Identifying and controlling risks from common workplace hazards:
 - Slips, trips and falls
 - Manual handling
 - Fire safety
 - Working from height
 - Electricity
 - Hazardous substances
 - Workplace conditions
 - Ergonomics
 - Equipment
 - Noise and vibration
 - Transport and vehicles
 - Violence
 - Smoking, alcohol and drugs
 - Stress

Level 2 Award in

Safe Moving and Handling



1 day course



Refresher training recommended every 3 years



Ofqual regulated

Be Prepared!

The law states that employers have a legal responsibility to provide adequate training for those who perform manual handling tasks in their day to day role.

The **Level 2 Award in Safe Moving and Handling** is a regulated and nationally recognised qualification designed for those who work, or intend to work, in a role that involves manual handling. It is the perfect course for those working in a variety of environments including warehouses and shops.

Successful candidates will learn the key principles of manual handling and how to apply these to their workplace. They will also practise a wide range of techniques, ensuring that they leave the course confident and proficient in moving and handling.

What's Covered?

- ⌚ Common manual handling injuries
- ⌚ Manual handling laws
- ⌚ Responsibilities of employers and employees
- ⌚ Risk assessments
- ⌚ Safe movement principles associated with manual handling, including the body's:
 - Musculoskeletal system
 - Centre of gravity
 - Lever system
- ⌚ Manual handling equipment:
 - Types of manual handling aids and equipment
 - Maintenance and requirements for testing
- ⌚ Manual handling practical sessions:
 - Solo lifting, carrying and lowering an object
 - Team manual handling
 - Using equipment

Did you know?

Incorrect manual handling causes over a third of all workplace injuries.

Section Five

Mental Health



Level 1 Award in

Awareness of First Aid for Mental Health



1/2 day course



Certificate valid for 3 years



Ofqual regulated



Course Overview

Mental Health conditions are often hidden due to stigma and fear of discrimination and research has shown that a culture of fear and silence around Mental Health is costly to employers.

This **Level 1 Award in Awareness of First Aid for Mental Health** qualification provides learners with the knowledge to recognise a range of Mental Health conditions, how to start a supportive conversation and when and how to signpost a person to seek appropriate professional help. Learners will know how to recognise and manage stress.

Learners will not diagnose or treat Mental Health conditions as this can only be carried out by healthcare professionals but will gain the knowledge to identify when a person may have a condition and know where they can go to get help.

What's Covered?

- How to start a supportive conversation
- When and how to signpost a person to seek professional help
- Recognise and manage stress
- Knowledge to identify when a person may have a condition
- Advise people on where they can go to get help

Did you know?

Our Fab First Aid Fund has provided funding for this course to be delivered to community groups across the region. Get in touch to find out more.



Book with us on **01377 790842**
and help your community to learn
potentially life saving skills

Level 2 Award in

Understanding Mental Health in the Workplace



1 day course



Certificate valid for 3 years



Ofqual regulated



Course Overview

Mental Health is just as important as physical health, yet whilst we know how to take care of our own physical health, many people do not know how to support friends, relatives or even colleagues who are experiencing poor Mental Health. By developing a greater understanding of common Mental Health conditions, as well as how best to support and guide someone to professional help, you can help to reduce the stigma associated with Mental Health in the UK.

The **Level 2 Award in Understanding Mental Health in the Workplace** is a regulated and nationally recognised qualification that has been specifically designed to raise awareness of the signs and symptoms of common Mental Health conditions in the workplace and how best to offer support and guidance to colleagues. During this course, candidates will develop a greater understanding on the importance of positive Mental Health and wellbeing in the workplace and the role that everyone plays in recognising and handling Mental Health issues at work.

What's Covered?

- ② Understanding Mental Health and its importance
- ② Identifying the roles and responsibilities of those associated with Mental Health in the workplace
- ② Legislation associated with Mental Health in the workplace
- ② Promoting positive Mental Health in the workplace
- ② Identifying key features within a Mental Health first aid at work action plan and listening techniques
- ② Common Mental Health conditions, including:
 - Work-related stress
 - Anxiety
 - Eating disorders
 - Depression
 - Post-Traumatic Stress Disorder (PTSD)
 - Obsessive Compulsive Disorder (OCD)
 - Phobias
 - Bipolar
 - Psychosis
 - Suicide

Level 3 Award in

Supervising Mental Health in the Workplace



2 day course



Certificate valid for 3 years



Ofqual regulated

Course Overview

Mental Health is just as important as physical health, yet whilst we know how to take care of our own physical health, many people do not know how to support friends, relatives or even colleagues who are experiencing poor Mental Health. By developing a greater understanding of common Mental Health conditions, as well as how best to support and guide someone to professional help, you can help to reduce the stigma associated with Mental Health in the UK.

The **Level 3 Award in Supervising Mental Health in the Workplace** is a regulated and nationally recognised qualification that has been specifically designed for those who would like to raise their awareness of Mental Health, develop an understanding on how best to support, reassure and signpost colleagues to professional support. What's more, candidates will develop the knowledge, skills and confidence to actively promote positive Mental Health within their workplace, making it an ideal qualification for Mental Health champions/first aiders, human resources, managers, supervisors and team leaders.

What's Covered?

- ① Understanding Mental Health and its importance
- ② The roles and responsibilities for Mental Health in the workplace
- ③ Importance of own wellbeing as a Mental Health first aider
- ④ Procedures to support employees who are off work whilst experiencing poor Mental Health
- ⑤ Types of support available both locally and nationally
- ⑥ Promoting positive Mental Health first aid in the workplace
 - Best practice for employers
 - Mental Health first aid at work action plan
 - Appropriate coping strategies
- ⑦ Common Mental Health conditions, including:
 - Characteristics and features
 - Work-related stress
 - Anxiety
 - Eating disorders
 - Depression
 - Post-Traumatic Stress Disorder (PTSD)
 - Obsessive Compulsive Disorder (OCD)
 - Phobias
 - Bipolar
 - Self-harm
 - Psychosis
 - Suicide
- ⑧ How employers can provide support to employees in the workplace
 - Assisting those off work or returning to work

Section Six

Pre-Hospital Care



Level 3 Award in

Administering Emergency Medical Gases



1 day course



Certificate valid for 1 year



Ofqual regulated


Course Overview

The **Level 3 Award in Administering Emergency Medical Gases** is a regulated and nationally recognised qualification that has been specifically designed for those who have a responsibility for providing treatment to patients who need medical gases administering in pre-hospital environments.

During this 1 day course, candidates will learn how to safely administer emergency oxygen, pre-operational inspections for oxygen therapy equipment and the clinical need for oxygen therapy when dealing with a range of conditions.

Successful candidates will leave with the skills, knowledge and competencies needed to safely administer prompt and effective medical gases in an emergency situation.

What's Covered?

-  Understanding the use of oxygen therapy, including:
 - Health and safety principles for the use of oxygen
 - Benefits of oxygen administration
 - Indications for emergency oxygen therapy
 - Dangers for compressed gas
-  Administering emergency oxygen
-  Pre-operational inspections for oxygen therapy equipment
-  Clinical need for oxygen therapy for:
 - Trauma
 - Chronic Obstructive Pulmonary Disease (COPD)
 - Hypoxemic
-  Delivery devices
-  Understanding the use of a mixture of nitrous oxide and oxygen
-  Administering a mixture of nitrous oxide and oxygen

Level 3 Award in

Administering Emergency Oxygen



1/2 day course



Certificate valid for 1 year



Ofqual regulated

Course Overview

The **Level 3 Award in Administering Emergency Oxygen** qualification has been designed for those who are responsible for providing care to casualties where the administration of emergency oxygen may be required.

Over a half day period, candidates will learn about the clinical need for emergency oxygen and the safety considerations of this, as well as how to administer emergency oxygen when dealing with a range of conditions.

Successful candidates will leave the course with the knowledge and skills needed to administer emergency oxygen both safely and effectively.

What's Covered?



Use of oxygen, including:

- Health and safety principles for use of oxygen
- Benefits of oxygen administration
- Indications and contra-indications for emergency oxygen
- Dangers of compressed gas



When emergency oxygen is required



Clinical need for the administration of emergency oxygen



The use of emergency oxygen during:

- CPR
- AED usage



Pre-operational inspections of emergency oxygen equipment



Oxygen delivery devices, including:

- Nasal cannula
- Venturi mask
- Non re-breather mask
- Bag valve mask

Level 4 Award in

Immediate Life Support



1 day course



Certificate valid for 1 year



Ofqual regulated

Course Overview

The **Level 4 Award in Immediate Life Support** is a regulated and nationally recognised qualification that has been specifically designed for those who have a responsibility at work, or in community or voluntary activities to provide emergency care to patients, such as event medical providers, emergency ambulance personnel, registered healthcare professionals and those working in specialist roles within the emergency services and military.

Successful candidates will develop their knowledge and skills in providing immediate life support to patients in cardiorespiratory arrest or experiencing life-threatening illness and injury. Topics include: airway management, ILS procedures, ILS treatment algorithms, modifications required during cardiac arrest, end of life care and more.

What's Covered?

- ⚕ Scene management
- ⚕ Methods and procedures needed to assess and manage an incident
- ⚕ Managing a patient with life-threatening or non-life threatening illness and injury
- ⚕ Post incident procedures
- ⚕ Airway management
- ⚕ Immediate life support procedures, including:
 - Return of Spontaneous Circulation (RoSC)
 - Patient handovers
- ⚕ Modifications required during cardiac arrest for:
 - Third trimester pregnancy
 - Neck stoma
- ⚕ Immediate life support treatment algorithm
- ⚕ End of life care
- ⚕ Using the National Early Warning Score (NEWS)

Level 3 Award in

First Response Emergency Care



35 hour course
118 contextualised
learning



Certificate valid for 3 years



Ofqual regulated

Clinically endorsed by the Faculty of Pre-hospital Care – The Royal College of Surgeons of Edinburgh PHEM Framework: Descriptor Level D

Course Overview

This regulated and nationally recognised pre-hospital care qualification is ideal for those seeking a career in the emergency services, ambulance service, the event and security medical sector or those who work in high risk workplaces.

Over a 5 day period, learners will gain the knowledge, skills and competencies needed to deal with a range of pre-hospital care emergencies, such as: managing a patient's airway, catastrophic bleeding, management of fractures, medical emergencies and more.

Endorsed by The Faculty of Pre-Hospital Care – The Royal College of Surgeons of Edinburgh, and fulfilling the competencies set out in the PHEM skills framework at descriptor level D, this fantastic qualification is perfect for a range of roles in emergency care, such as: Event Medical Responder, Emergency Care Support Worker and more.

What's more, the **Level 3 Certificate in First Response Emergency Care** also forms part of a progressive suite of pre-hospital care qualifications that lead to the **Level 6 Diploma in Paramedic Practice**.

What's Covered?

- Roles and responsibilities of a first responder
- Medical emergencies
- Patient assessment
- Airway management
- Adult, child and infant CPR & AED usage
- Return of Spontaneous Circulation (RoSC) procedures
- Emergency oxygen
- Traumatic injuries
- Catastrophic bleeding
- Shock
- Poisoning and intoxicating substances
- External and internal bleeding
- Helmet removal
- Neck, spine and pelvic immobilisation
- Environmental exposure
- Burns and scalds
- Minor injuries
- Incident reporting

Level 4 Award in

First Response Emergency Care



39 hours course
(minimum)
141 hours self-directed
study



Certificate remains valid by
maintaining CPD portfolio and ILS
certification



Ofqual regulated
PHEM Framework: Descriptor Level E

Course Overview

The **Level 4 Certificate in First Response Emergency Care** is a regulated and nationally recognised pre-hospital care qualification specifically designed for those looking to progress their career within the NHS or private ambulance services as an emergency care assistant, intermediate ambulance practitioner, event medical provider, associate practitioner or healthcare assistant. It is also ideal for those who are looking to work within specialist roles in the military, police and fire services.

As the next step for those who have completed the **Level 3 Certificate in First Response Emergency Care**, this qualification provides learners with a wider scope of practice in pre-hospital care emergencies, allowing for greater employment opportunities. It also forms part of a progressive suite of pre-hospital care qualifications that lead to the **Level 6 Diploma in Paramedic Practice**.

Fulfilling the competencies set out in the PHEM skills framework at descriptor level E, this fantastic qualification provides learners with the knowledge and skills needed to be able to respond to a wide range of pre-hospital care emergencies, such as: major incidents, fracture immobilisation, sick and injured children, Mental Health crisis and more.

What's Covered?

- Initial patient assessment
- Physiological observations
- Anatomy and physiology
- Heart disease
- Electrocardiogram application and monitoring
- Managing a patient's airway – supraglottic airways
- Medical gases – including dosages and administration
- Thoracic trauma
- Sepsis
- Maternity care
- Respiratory disorders and infections
- Mechanisms of injury and kinetics
- Triage
- Full body and limb immobilisation
- Sexual assault
- Major incidents
- Psychosocial development in children
- Emergency care for sick and injured children
- Mental Health crisis
- Assisting the clinician with clinical interventions

Section Seven

Other Training





You're never too young
to learn first aid
Mini Medics



1/2 day course



Internally certified

Life Saving Skills for Young People

A basic introduction to First Aid and Defibrillation aimed at children as young as 6. Educational and practical, the course instils the importance of helping someone who is poorly or injured using fun and dynamic teaching methods for maximum engagement.

What's Covered?

- + Choking
- + First aid kits
- + Defibrillation
- + Resuscitation
- + CPR
- + DR ABC
- + Contacting the emergency services
- + Recovery position
- + Bandaging

Did you know?

Our Fab First Aid Fund has provided funding for this course to be delivered to community groups across the region. Get in touch to find out more.



Book with us on **01377 790842**
and help your community to learn
potentially life saving skills



Mini Medics Mental Health



1/2 day course



Internally certified

There Is No Health Without Mental Health

This course has been developed and designed as a basic introduction to Mental Health for children between the ages of 7 and 13, and provides a basic understanding of Mental Health. Topics include what Mental Health means, how it is linked to physical health, what children can do if they have a worry and the various ways in which they can look after their Mental Health.

This interactive 3 hour session aims to reduce the stigma attached to poor Mental Health and raise awareness as well as exploring emotions and feelings.

What's Covered?

- + What is Mental Health?
- + Emotions and feelings
- + Mental health problems
- + Talking about Mental Health
- + Looking after our Mental Health

Did you know?

We can also deliver our Mini Medic courses to older children in the form of our Teen Medic Courses! Contact us to find out more details.



Book with us on **01377 790842**
and help your community to learn
potentially life saving skills

Pet First Aid



1/2 day course



Certificate valid for 3 years

Course Overview

Be prepared to care for your pet, as you would with any other member of your family!

Our furry friends can be very curious and unfortunately, accidents do happen. Along with providing food and toys, responsible pet owners should also be able to provide first aid in emergency situations.

The **Pet First Aid** course prepares you to take quick and confident action to give potentially life-saving treatment, for the most common pet-related accidents.

Group training sessions can be delivered at your workplace for any of our courses.

What's Covered?

- + Pet-proof your home
- + How pets show pain
- + Travelling abroad with pets
- + How age and pet-type changes treatment
- + Choking
- + Drowning
- + Bleeding
- + Poisoning
- + Burns



How many stars does FabTraining get on their online reviews?

Professional, accredited training providers offering high quality training courses on-site or at our Driffield centre in subjects including:

- ✓ First Aid
- ✓ Health & Social Care
- ✓ Health & Safety
- ✓ Hospitality
- ✓ Mental Health
- ✓ First Response
- ✓ and more...



Book with us and
help your
community to learn
potentially life
saving skills

fabTraining
The Friendly Trusted Experts 