



**Wiltshire**  
FIRST AID TRAINING

# COURSE GUIDE



[www.wiltshirefirstaid.co.uk](http://www.wiltshirefirstaid.co.uk)

PROVIDERS OF FIRST AID TRAINING IN THE SOUTH WEST

# About us

Wiltshire First Aid Training provide quality assured and nationally recognised First Aid Training courses for businesses, industry, sports, schools and childcare settings.

- + Courses are provided for individuals and groups at highly competitive rates.
- + Courses may be tailored to suit your requirements and we are able to deliver your course during the day, evenings or weekends.
- + Our courses are designed to stimulate and not bore! Learning takes place in a relaxed, enjoyable environment where the trainer will help you gain the confidence and skills necessary to deal with any situation requiring emergency life support and basic first aid skills.
- + Adult and paediatric first aid courses can be combined to suit your specific needs—just enquire for more details



## Workplace Courses

Wiltshire First Aid Training provides a number of first aid courses to suit every work place that satisfies the requirements of the Health and Safety (First Aid) Regulations 1981.

### First Aid at Work

This three day (18 hours) is suitable for those working in high and low hazard environments and for those who are responsible for more than 50 employees. On successful completion candidates will be awarded an approved First Aid at Work certificate. The HSE also recommend an annual refresher course which takes 3 hours to complete.

### First Aid at Work - Requalification

For first aiders wishing to refresh their skills and renew their first aid at work qualification they will need to attend a two day course run either at one of our venues or in-house at your premises.

### Emergency First Aid at Work

This course is 6 hours duration and the minimum requirement for a person to deal with potential casualties in the workplace. Ideal for lone or mobile workers, small organisations and low hazard environments such as offices. On successful completion candidates will be awarded an approved Emergency First Aid at Work certificate valid for three years.

### Emergency First Aid at Work Plus Forestry

Our forestry workers first aid course, is suitable for those who work in a forestry environment and meets the requirements for the Forestry Commission.

It covers the same subjects as the Emergency First Aid at Work course but has extra subjects to meet the potential injuries a person may come across in forestry environments. Suitable for Tree surgeons, Land surveyors, Estate workers, Fencing contractors, Farmers, Rangers, Ecologists and those undertaking site visits in remote areas of Forestry Commission/Forestry England property.

## Outdoor First Aid

This 2 day course is suitable for a wide range of outdoor practitioners and for those who may be in an area where an ambulance or rescue team will not be arriving for more than two hours including Forest school leaders, Expedition leaders, Duke of Edinburgh, Ecogists & Rangers, Outdoor based instructors. On successful completion candidates will be awarded an Ofqual Regulated qualification which is a Level 3 Award in Outdoor First Aid (RQF). The qualification is valid for three years.

## Sports First Aid

Ideal for anyone involved with sport whether it's a team sport such as rugby, football, hockey or a solo activity such as equestrianism, cycling or an activity like dancing. The course content will cover all the basic life support skills a person is required to hold but it will also cover the treatment of sporting injuries where first aid can make a difference to recovery time. On successful completion candidates will be issued with an approved Sports First Aid certificate valid for three years.

## Sports and Physical Activity Course

This 3.5 hour condensed Sport First Aid course is accepted by many affiliated bodies for sports such as British Cycling Association, TAGB (Tae Kwon-Do Association of Great Britain), England Netball, England Hockey, and Basket England to name a few. This course is ideal if you are not able to commit to our full day Sports First Aid course. On successful completion of the course, Wiltshire First Aid Training will provide an approved First Aid Industry Body (FAIB) Sport First Aid certificate which is valid for 3 years.

## First Aid for Healthcare Professionals Plus Medical Emergencies

Wiltshire First Aid Training can provide a nationally recognised accredited course for healthcare professionals including dentists and doctors. After successful completion candidates are awarded with a tailored CPD certificate which meets the GDC requirements and clearly states the aims of the course, learning content, objectives, and development outcomes.

## Infection, Prevention and Control

Our fully certified Infection Prevention and Control (IPC) online training courses are designed to give people the knowledge and understanding of how to work safely in environments where there is a risk of infections transferring. This course covers Introduction to Infection Prevention and Control, Understanding Infection, Controlling the Risks and Hygiene and Personal Protective Equipment.

## Health & Safety in the Workplace

Level 2 Award in Health & Safety in the Workplace course enables employers and employees to meet their legal obligations under the Health and Safety at Work Act 1974 and the Management of Health and Safety at Work Regulations 1999. It provides vital knowledge to help prevent accidents and ill health in the workplace for employees, customers and contractors.

## Manual Handling Course

Absenteeism from the workplace is often due to injuries sustained from the incorrect handling and moving of loads. This qualification may protect employers from potential litigation if an injury should occur to an employee. It provides employees with the competence, knowledge and awareness to their own safety through risk assessment and controls available. This is a 2 hour course and it is recommended this qualification is refreshed every two years.

## Fire Marshal Course

Our 4 hour Fire Marshal course is ideal for those nominated to perform the role of a fire marshal in their workplace. Fire and smoke are killers and causes loss and damage to productivity and business. Employers need to provide adequate fire safety training for their staff to comply with the Regulatory Reform (Fire Safety) Order 2005. After successful completion a candidate will be awarded a nationally recognised Fire Safety (Fire Warden) certificate which is valid for three years.

## First Aid Training for Mental Health

1 in 6 people will experience a mental illness some time in their lives, therefore mental health support in the workplace and at home is just as relevant as administering first aid in a medical emergency. Identifying the signs early will lead to a speedy intervention and support which is essential to a person's wellbeing, and in turn will decrease staff absence and increase productivity in the workplace.

### Level 2 Award in First Aid for Mental Health (1 day)

This is a one day course and suitable for those who want to gain a greater awareness of mental health and provides learners with the knowledge to recognise a range of mental health conditions, start a supportive conversation, and when and how to signpost someone to professional help.

### Level 3 Award in Supervising First Aid for Mental Health (2 day)

This is a two day course and suitable for those who have supervisory responsibilities and want the skills to support any employee with mental health related issues and guide them to the relevant professional support.

# Early Years Courses

**Paediatric First Aid courses to suit Early Year Settings including nurseries, pre-schools, child minders, nannies and those working towards their childcare qualifications.**



## Paediatric Blended Course

This Course is also Ofsted compliant but the difference with this course compared to the traditional 2 day course is 6 hours is based in the classroom and 6 hours of the theoretical part is completed as study online at a time and pace to suit you. A popular choice as it is only one day abstraction from the workplace saving time and money.

## Emergency Paediatric First Aid

Are you a nanny, au pair, parent, grandparent, babysitter or volunteer working with children? Then this course is ideal for you. There is no need to attend a full 12-hour paediatric first aid course if you are a nanny, you will be meeting Ofsted requirements by attending this 6-hour Emergency Paediatric First Aid course and will be qualified to administer first aid for babies and children.

## Allergies-Anaphylaxis Training

This course is 45 – 60 minutes duration and based on the Anaphylaxis Campaign's RCN accredited Allergy Wise Programme it covers the use of an auto adrenaline injector and how to prevent severe allergic reactions taking place in a school or nursery.

## Safeguarding and Protecting Children & Young People *(Level 2 & Level 3)*

This course is for those working with under 18's, in paid employment or as a volunteer. The course provides those working with children and young people with the knowledge and confidence to recognise and respond to cases of alleged or suspected abuse. This qualification will enable the candidate to undertake a specific role in the workplace that employers can rely on.



## Emergency First Aid Training for School Staff

This 6-hour course is intended for those nominated by their employer to perform the role of first aider in a school setting. It is designed for school teachers, support staff and lunch time supervisors to be able to take control and respond to a person/child who may become ill or injured (on or off site) in a safe, prompt and effective manner. Managing time is precious for schools; this course can be tailored around your school's needs and delivered on an inset day or two evenings after school.

## Babysitting Course

Our tailor made Babysitting course is suitable for those aged 14 and over. This course covers Basic First Aid for babies and children, Safety in the home, Safeguarding for children and general baby care to give the learner the knowledge and confidence to babysit the professional way. After successful completion candidates will be awarded a babysitting certificate which is valid for 3 years.

## Family First Aid

When a family member becomes a casualty it can affect the way we react. At Wiltshire First Aid Training we recognise the need for parents to gain the necessary knowledge and skills to deal with potentially life threatening situations such as choking, asthma attacks, severe allergic reactions or sudden cardiac arrest. This two hour workshop is conducted in a relaxed, informal environment with plenty of opportunity to practice the techniques necessary to save a life...



For further information about any of our courses including dates, venues and prices please contact us...

**01249 569690**

**[enquiries@wiltshirefirstaid.co.uk](mailto:enquiries@wiltshirefirstaid.co.uk)**

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