

“Essential First Aid Updates” is a film based training package, designed to enhance all stages of first aid training and revision.

This package is not designed, nor should it be used, to replace formal first aid instruction. Rather, it is designed to allow:

- **Regular update training for qualified staff**
- **Revision of essential skills before qualified staff attend re-qualification courses**

It can also be used by qualified First Aid trainers to help enhance their training delivery.

In line with current best practise it is advisable to ensure that all first aid trained staff complete some form of annual refresher training - this package is ideally suited as one way of helping to achieve this.

Although the entire disk could be shown in one sitting we envisage the topics being delivered as separate packages on a regular basis. This should allow the subject knowledge to be absorbed and for first aid to be in the forefront of the learners’ thoughts. Each session should take about 15-20 minutes to complete.

The package consists of:

- **Full instructions on how to use it**
- **Over 90 minutes of broadcast quality film arranged in 15 chapters containing film clips covering 22 common trauma and medical conditions**
- **Handouts corresponding to each film clip**
- **An assessment sheet for each film clip**
- **The necessary paperwork to record the training**





The scenes depicted involve a construction site, the office and the home. They are generic in nature and the advice given is relevant to all workplaces and age groups. Additional scenes have been filmed where the medical protocols differ for children.

< *Debi Bell - ex Reuters - Camera, producer & editor*

The chapters and subjects covered are:

- 1 **Primary, secondary survey and recovery position**
- 2 **Basic life support - adult and child**
- 3 **Choking - adult and child**
- 4 **Falls from height**
- 5 **Wounds and bleeds**
- 6 **Crush injuries and amputation**
- 7 **Burns**
- 8 **Fractures**
- 9 **Shock**
- 10 **Eye and head injuries**
- 11 **Heart conditions**
- 12 **Stroke**
- 13 **Chemical and electrical burns**
- 14 **Diabetes and asthma**
- 15 **Anaphylaxis and seizures**

The cost of this DVD is £99 + VAT per copy.
Orders of two or more copies attract a 10% discount.

The film is playable on home DVD, PCs and Apple Macs [OSX only]
Access notes and assessments as PDF files via PCs and Apple Macs [OSX only]

The protocols covered within this training material are taken from the Resuscitation Council [UK] 2005 guidelines.

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