

Please see pages 2 –3 for full details about strokes and how to treat them and page 4 for full details of anaphylaxis.

As always please feel free to copy and distribute this newsletter as necessary to ensure maximum distribution.

Essential First Aid DVD

Copies of our “Essential First Aid Updates” - a film based training package, designed to enhance all stages of first aid training and revision are still available at the cost of £99 + vat each.



New South West Training Centre



Due to the continued expansion of the business we have opened a new training venue in Warminster, Wiltshire.

The Training room has computer access and full welfare facilities. Our team has also increased, we have welcomed Jac, Tracy and Suzanne to our administration team..... so if you join us for training in Warminster you can now put faces to names as our offices are in the same building!

Finally—All Change on 1st October 2009

1st October sees the long awaited introduction of the new range of HSE approved First Aid Courses.

The outline is:

1. The four day First Aid at Work will be cut to three days. It will still be valid for three years after which a two day re-qualification course will need to be undertaken. In addition half-day Basic Skills Updates every twelve months are “highly recommended.”
2. The introduction of a new one day course—Emergency First Aid at Work.

Full details can be found on our website at <http://www.aid-training.co.uk/fact-sheet.asp> or alternatively feel free to contact the office to discuss these changes and how they may affect you.

STROKES

Strokes are a condition in which the blood, and therefore the oxygen supply to the brain is suddenly impaired. This may happen for a number of reasons, the most common being a clot in one of the arteries supplying the brain with blood and therefore oxygen.

The effects depend on how large it is and what part of the brain is affected.

Signs and Symptoms

Sudden, severe headache

Confusion

Possible loss of consciousness

Weakness or paralysis down one side of the body

Facial droop and salivation

Speech problems

Involuntary urination and defecation

Hearing and sight problems

Remember FAST

Face - has their face fallen to one side, can they still smile?

Arms - can they raise both arms and keep them there?

Speech - is their speech slurred?

Time - to call 999 if you see one of these signs

Treatment

Airway, Breathing and Circulation

Loosen tight clothing

Position accordingly

Recovery position if unconscious and breathing

Head and shoulders slightly raised if conscious

Keep bystanders away

Protect the casualties dignity by covering with a coat or blanket

Rest and reassure

Seek urgent medical help

Please see page three for more information about the treatment.

You may also like to visit the website of the Stroke Association for more information

www.stroke.org.uk

STROKES - Continued



1. Help the casualty to the floor



2. Support them with their head and shoulders slightly raised



3. Loosen tight clothing



4. Call 999



5. Place them in the recovery position if they are unconscious and breathing and you need to leave them or if you are unsure about their airway

A N A P H Y L A X I S

Anaphylaxis is a severe allergic reaction that affects the breathing and blood pressure of the casualty - and is therefore a life threatening condition. It can develop very quickly in people who are susceptible to it.

Signs and Symptoms

Red, blotchy skin

Tingling in the mouth

Swelling - initially localised (tongue and mouth) and then more widespread (throat and under the arms)

Puffiness around the eyes

Difficulty in breathing – tight chest, wheezing

Rapid, weak pulse

These casualties need immediate medical aid. The drug that is used to treat anaphylaxis is called Epinephrine - hence “epi-pen”. This is a life saving procedure that needs to be instigated at the earliest opportunity.

Treatment

Airway, breathing and circulation

Rest and reassure

Loosen tight clothing

Steady and support in a position that allows them to breath more easily - normally sat upright

Help the casualty to administer their Epi-pen.

Be prepared to resuscitate

Seek urgent medical help



You may also like to visit the website of the Anaphylaxis Campaign for more information
www.anaphylaxis.org.uk

We're on the web! www.aid-training.co.uk



Our range of training courses include:

First Aid

**Appointed Person
Four day First Aid at Work
Anaphylaxis
Automated External
Defibrillation
First Person on Scene**

Fire Safety

**Basic
Fire Marshal**

**Conflict Management
and Personal Safety**

Health and Safety

**COSHH
Manual Handling
Foundation**

This is by no means an exhaustive list of our courses—if you have a training requirement please feel free to enquire—the chances are that we can help you.

Advance Trauma Training



Training for School Staff



For further information about any of the topics discussed in this newsletter please contact the office.

We continue to offer exceptional value for money with our “no nonsense-down to earth” training. If you require further training or refreshing please call for availability.

As always please feel free to copy and distribute this newsletter as necessary .

AID Training & Operations Ltd shall not be held responsible for any injury or incident arising out of use or misuse of the application of information contained in their training material.



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