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As always please feel free to copy and distribute this newsletter as necessary to ensure maximum distribution amongst your first aid staff.

**Our
New Fax
Number is:**

01985 843103

News from Aid Training

Due to expansion and a desire to combine the training and equipment supply divisions of the company under one-roof, Aid Training has recently moved premises. Our new address is:

**Aid Training
Crusader House
Centurion Way
Crusader Business Park
Warminster
Wiltshire
BA12 8BT**

The original PO Box address can still be used if required. The new premises will lead to even greater efficiency and customer service.



New Addition

Aid Training are pleased to welcome a new addition to the team. Lauren Alston has joined us at the Warminster office in an administration role and will assist the team to continue delivering the high standards of customer care that you expect from Aid. If you need assistance with any First Aid issues, please contact Lauren & the team

First Aid Instructors Courses

Are you tired of hearing the same old stories from our instructors!?! Think you could do better? If so, why not come on our five-day First Aid at Work Instructors course!

We have recently decided to run "open" courses for those wishing to become first aid instructors, having been involved for sometime in running such courses for various public organisations. This is quite an involved issue-please feel free to call or check out www.aid-training.co.uk for more details and to see if you would be eligible for the course.

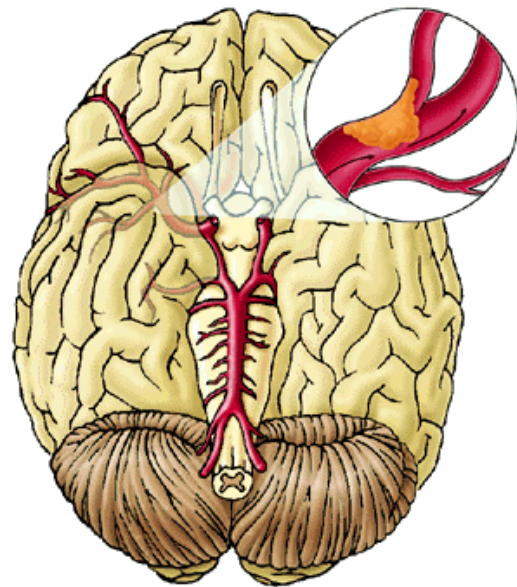
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Tel: 08700 780531
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Strokes

Strokes occur when the blood supply, and therefore the oxygen supply, to the brain is interrupted. The brain does not tolerate a lack of oxygen and the cells will start to die very quickly once the supply is cut. They are more normally caused by a blood clot blocking the artery, however the artery rupturing may also cause it. The elderly more commonly suffer them although they can affect the younger generation.

Some strokes will be very “minor” and may cause no long-term damage whilst others will cause long term damage and may potentially be fatal. The seriousness of the stroke depends largely on how much and what part of the brain has been deprived of oxygen. This will affect the signs and symptoms of the stroke.



The Most Common Cause is a Clot Blocking an Artery in the Brain

Good initial first aid combined with early referral to hospital will greatly enhance the casualty's chances of making a full recovery.

Signs and Symptoms

- Headache
- Confusion, may mimic drunkenness
- Possible loss of consciousness
- Weakness/ paralysis
- Facial droop and salivation
- Speech problems
- Unequal pupils
- Loss of bladder/bowel control

Treatment

- ABC's
- Position:
 - Recovery position if unconscious
 - Laid down head and shoulders slightly raised if conscious
- Loosen tight clothing
- Seek urgent medical help
- Monitor and record vital signs

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Angina

Angina describes a temporary disturbance affecting the blood and oxygen supply to the heart muscle due to narrowing or spasm of the coronary arteries. The chest pain usually occurs when patients are exerting themselves, for example climbing stairs, carrying heavy bags, or on a cold day. This is known as stable angina. Unstable angina is far more dangerous and can occur at any time, even at rest.

Signs and symptoms are very similar to a heart attack except the symptoms, in stable angina, usually subside with rest:

- Chest pain
- Shortness of breath
- Sweating
- Nausea
- Increased pulse rate
- Feeling of weakness
- Anxiety

Treatment: the aim is to ease the strain on the heart:

- Put the casualty at rest ideally in the “w” position
- Reassure
- Assist them to administer any sprays or GTN tablets under their tongue
- Summon the emergency services quickly
- If pain persists suspect a heart attack
- Be prepared to resuscitate

Fainting

Fainting describes a brief loss of consciousness, caused by insufficient oxygen getting to the brain.

Possible causes:

- Pain
- Lack of food
- Stress
- Physical inactivity

During periods of inactivity the blood starts to “pool” in the lower extremities and hence the flow of oxygen to the brain is reduced.

Treatment:

- Lay the casualty down and raise their legs
- Loosen any tight and restricting clothing
- Rest and reassure
- Provide fresh air
- Treat any secondary injuries-for example head injuries sustained during the fall
- Call an ambulance if the casualty does not start to recover

A person who has fainted should regain consciousness very quickly. If they do not start to make a full and complete recovery, the faint may have a more serious underlying cause. If in doubt seek medical advice.

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

Why choose us for your training needs?

aid training and operations continues to develop and improve the training and service we offer.

We do not employ full-time instructors. All our instructors come from a medical related full-time career and train for us on a part-time basis, hence they all have current medical and first aid experience.

Some comments received from recent clients include:

“...their deep and genuine commitment to deliver what is required and that they are an organisation whose own standards drive them to make a difference over and beyond what is expected”

Royal National Lifeboat Institution

“Without exception all the delegates responses have been very positive where the emphasis is on the practical aspects giving a renewed interest and understating in first aid together with confidence to be able to respond in an emergency situation.”

Seacore

“...have not only delivered first-rate training, but have delivered it in such a way

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 .

that has made it enjoyable.”

MIDAS Property Services

“Very good trainer....very highly satisfied.....thanks it was fab!”

Save the Children



Some of the Instructors Attending a Recent Staff Training Day

a.i.d training & operations (international) 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.