

News from AID Training **ONLINE SHOP NOW AVAILABLE**
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The Choking Child

The following article is from Ofsted Update May 2011

– it makes for interesting reading – please feel free to contact us if you need help in this area.

First aid training for staff and food preparation in nurseries.

Following a recent inquest into the death of a child in a nursery, Ofsted has undertaken to the Coroner to share his concerns with inspectors and with local authorities as part of their statutory role in providing advice, guidance and training to registered providers.

The young child choked on a small piece of sausage and, despite the best efforts of the staff to dislodge it

and subsequently of medical staff, the child sadly died. The sausage created a 'perfect plug' in the child's throat. The risk of this occurring, although slight, can be further reduced by ensuring that food such as sausage is cut lengthways rather than in a manner which creates a small round food particle.

The inquest also identified that the first aid training for nursery staff may not sufficiently equip staff to be able to dislodge small items of food from young children, particularly when firm tummy thrusts are required. As local authorities are responsible for the provision or the arrangement of first aid training for nursery staff, you may want to review the adequacy of the training provided in your authority.

We will also be notifying the Department for Education for consideration as part of their revisions to the Early Years Foundation Stage.



Crush Injuries • Crush Injuries • Crush Injuries

The danger with all crush injuries lies in the potential for harmful toxins to build up in the trapped limb. If released at the wrong time it may lead to these toxins flooding into the blood supply, with a resultant death from multiple organ failure.

Treatment

- **Danger**
- **Response**
- **Airway Breathing and Circulation**
- **Control any severe bleeding**
- **Secondary survey**

Releasing the Casualty

- If trapped for **less than 15 minutes** the casualty can be removed
- If trapped for **over 15 minutes**, or you are unsure of the time they have been trapped, they should be left in place

The **exceptions to these rules** are if the casualty, or rescuer, are in **immediate danger** or if they need to be moved to treat **airway and breathing problems or to control life threatening bleeding**.



1. Check for danger then shake and shout



2. If unresponsive shout for "help"



3. Open the airway



4. Check for breathing for a maximum of 10 seconds



5. If breathing normally carry out a secondary survey and control any bleeding



6. Move the obstruction if necessary taking into account the 15 minute rule



Think Safety

The incident witnessed in the DVD might have been avoided by:

- Good house-keeping and the safe storage of materials
- A risk assessment and safe system of work

Do you want to keep up-to-date with your first aid skills?

If so we have two easy solutions.

One is our Essential First Aid DVD - please see the advert elsewhere in this newsletter.

Alternatively you might like to try our on-line e-learning package which is available at www.aid-training.co.uk

Please remember that by far the best way of staying up-dated is to attend a training course.

Amputations • Amputations • Amputations

The bleeding associated with an amputation must be controlled in the normal way. Once any life saving interventions have been completed, it is important to try and preserve the amputated body part.

Preservation of the amputated part:

- Rinse free of debris
- Wrap it in wet dressings
- Seal it inside a plastic bag
- Keep it cool but do not let it freeze-ideally place it in watery ice



1. Rinse free of any debris



2. Wrap it in a wet dressing

Do not:

- Warm an amputated part
- Place it in water
- Place it directly on ice
- Use dry ice to cool



Think Safety

The incident witnessed in the DVD might have been avoided by:

- The correct use of PPE
- A risk assessment and safe system of work

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.

SPECIAL OFFER £59.99
including VAT and postage.



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Keeping it Simple

Slips & Trips Information Sheet

Slips and trips can happen to anyone, anywhere and at anytime.

Slips and trips are the cause of many accidents, many minor and involving little more than bruising and loss of pride. But slips and trips can result in serious injuries with debilitating and permanent effects. Each year slips and trips result in over 11,000 serious injuries involving fractures and sprains, representing around 38% of all major injuries.

Slips and trips occur just about everywhere, in factories and on construction sites, in restaurants and in shops, in offices and car parks. No workplace is entirely free of the risk of a slip or trip.

How to prevent slips and trips:

Floor surface:

The floor surface has a significant effect on the risk of slipping. Non-slip surfaces may be essential in some circumstances. If you have the chance, specify a non-slip surface when buildings are constructed. Alternatively, make sure you don't miss the opportunity to install non-slip surfaces, potentially during upgrades and renovations.

Contamination:

Spills, leaks and escape of liquid and oil, even packaging can lead to slipping or tripping. Prevent escapes and fix leaks.

Obstacles:

When tools, equipment, packaging and similar are allowed to be stored in walkways the risk of tripping is greatly increased. Trailing cables are a real menace. Make sure housekeeping is up to scratch.

Footwear:

Make sure employees who are at risk of slipping, such as those who work outside or in cold stores, have suitable shoes. Of course, you will not always be able to control footwear, for example, for customers in a shop.

People:

Behaviour can result in many slip and trip accidents – when people run, the risk of falling is greatly increased. Train people in safe behaviours and monitor them to make sure bad habits do not return.

Environment:

Matters such as lighting level, ice on external paths in the winter, or rain water that is trodden into a shop by customers can all give rise to slipping. Take steps to ensure that these risks are identified and controlled.



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



Our range of training courses include:

First Aid

- Appointed Person
- Three day First Aid at Work
- One day Emergency 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

- Foundation
COSHH
- Manual Handling

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.



Fire Safety 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.

We are now able to offer a full range of first aid equipment for sale at very competitive rates. Please visit www.aid-training-shop.co.uk for full details.

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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