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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

2006 has already proven to be a busy year for Aid Training.

On January 3rd we implemented the brand new Resuscitation guidelines into all of our First Aid courses-a full four months ahead of the HSE deadline. Please see the articles within this newsletter for details of the changes.

January also saw the launch of our custom built database. This system allows us to efficiently manage all client training history. Automatic reminders are generated helping our clients plan requalification training.



In February we achieved ISO 9001:2000 certification for our Quality Management, for the "Provision of First Aid and Health and Safety Training and the Supply of Associated Consumables"



Big Changes for both CPR and Choking!!  
See inside for details



## New Resuscitation Guidelines

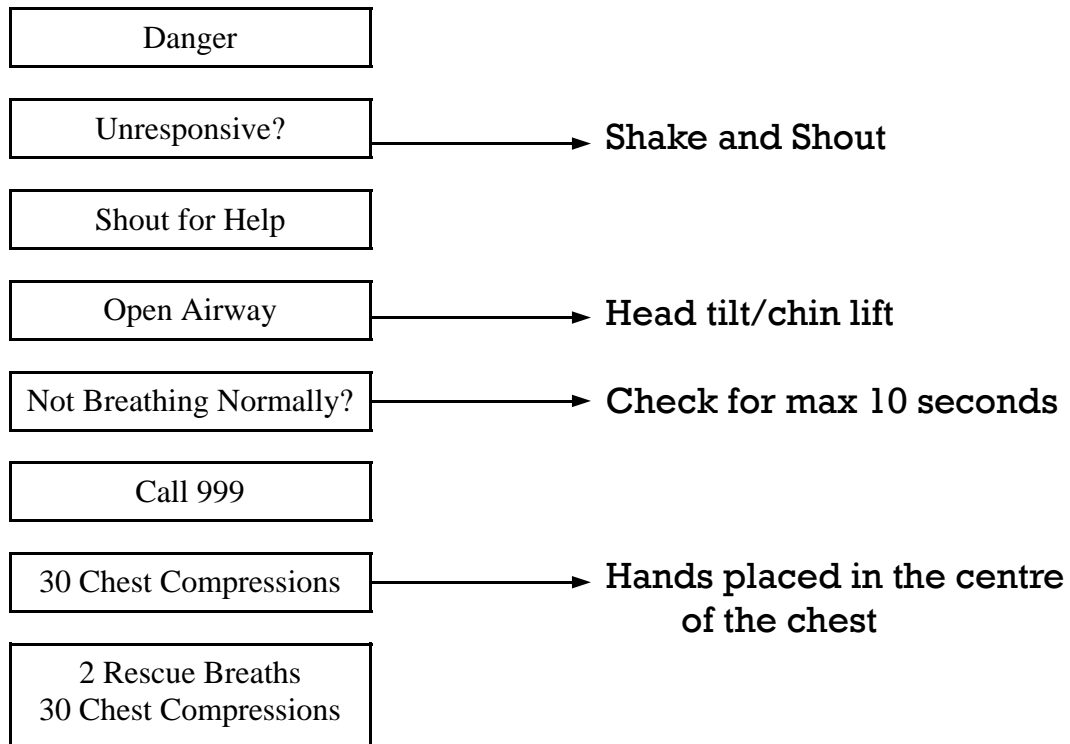
The Resuscitation Guidelines were changed on 28th November. They have changed for two major reasons-to reflect current best medical practice and also to simplify them to make them easier to train and remember. The full guidelines are available at [www.resus.org.uk](http://www.resus.org.uk) It must be stressed that the following pages give an overview of the changes but in no way do they take the place of training. "First Aiders" should continue to use the 2000 guidelines until they receive update training.

Please see the back page for details of update training.

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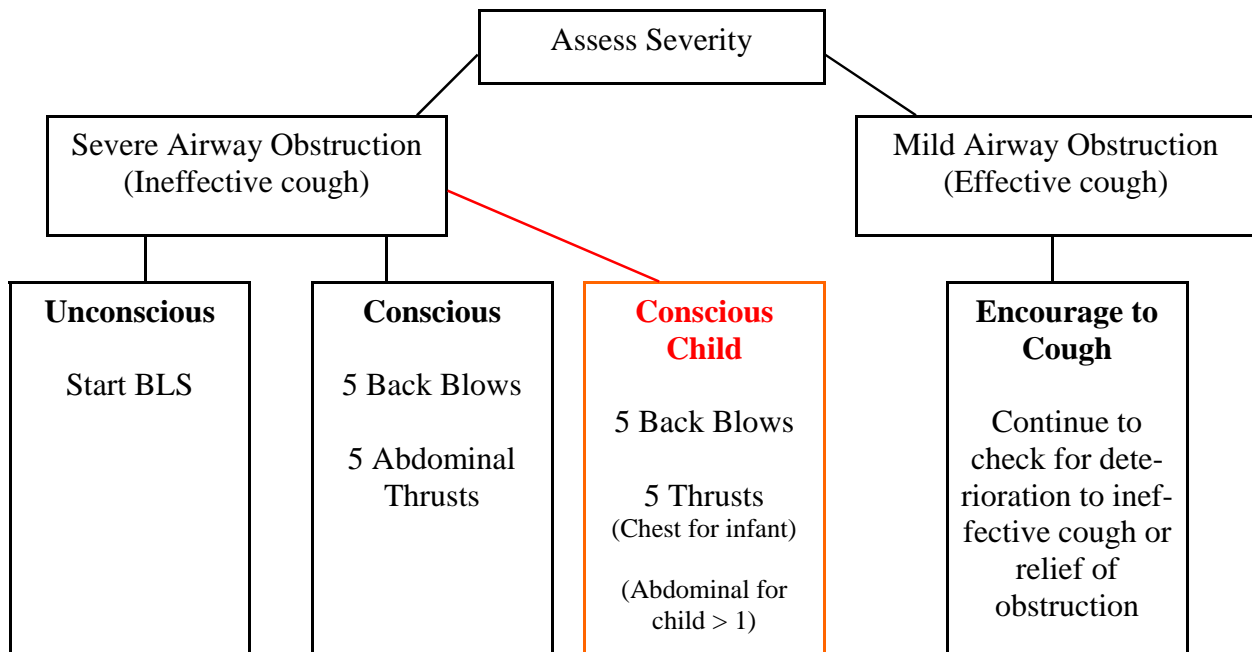
## Adult Basic Life Support



### Notes on Basic Life Support:

- The diagnosis of cardiac arrest is made if the victim is unresponsive and not breathing properly
- Each rescue breath should take one second
- The ratio of compressions to ventilations is 30:2. **This ratio should also be used on children when a "lay person" is responding**
- The rate of compressions is 100 per minute
- The chest should be compressed by between 4-5cm on an adult **(a third of the chest wall on children using two fingers or one/two hands)**
- If two people are responding one should carry out 30:2 while the other rests and they should change over approximately every two minutes.
- If a rescuer is not willing, or able, to do rescue breaths they should give chest compressions only at a continuous rate of 100 per minute

## Choking



### Recognition

Because recognition of choking is the key to successful outcome, it is important not to confuse this emergency with fainting, heart attack, seizure, or other conditions that may cause sudden respiratory distress, cyanosis, or loss of consciousness. General signs of choking include-the attack occurs whilst eating and the victim may clutch their neck.

### Assessing the Severity

Ask the casualty-"Are you choking?"

If it is **mild** airway obstruction

- Victim speaks and answers yes
- Victim is able to speak, cough and breathe

If it is a **severe** airway obstruction:

- Victim is unable to answer the question and may nod in response
- Victim is unable to breathe
- Breathing sounds wheezy
- Attempts at coughing are silent
- Victim may be unconscious

Refer to Hospital

- Victims with a persistent cough, difficulty swallowing or with a sensation of something being stuck in their throat
- Victims who have had abdominal thrusts performed on them

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## **BLS and Choking Update Training**

**aid training and operations** are able to conduct update training on the new resuscitation guidelines.

This would typically take a morning, or Afternoon, and would cover all the changes and allow for plenty of student practice.

Time permitting the instructor will also be in a position to go over and revise any other first aid subjects that students may be unsure of.

The cost of this training when run at your premises is £250 + VAT for one group or £400 + VAT when two groups (AM & PM) are run on the same day. Group sizes should ideally not exceed 14 to allow for plenty of hands-on practise. A fully updated manual and certificate of attendance is included.

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 .

### **First Aid Instructors Course**

The dates for the forthcoming First Aid Instructors courses are:

- 3-7 April
- 22-26 May
- 19-23 June

The courses are held in Warminster and are suitable for anybody looking to train First Aid. The cost is £350 + VAT per person this includes manuals, certification, tea/coffee and lunch.

For further information please contact the office.

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