

May 2008

News from Aid Training.....

Stop Press

On May 2nd the HSE announced that in October 2009 the Four Day First Aid at Work course will go to three days.

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

We have recently gained approval from City and Guilds to run the A1 Assessors Award and 7304 Certificate in Delivering Training in the Lifelong Learning Sector. Our aim is to run the first courses for these in June/July.

We are pleased to announce that we now have a new office/training venue in London, NW10.

We will be running a full range of courses from here, details of forthcoming courses are regularly up-dated on our website, alternatively please call the team

Aid Training would like to welcome a new face to the company,



Paul Hartley has recently joined the company as one of our lead trainers. Paul has a Royal Army Medical Corps background and was recently awarded the George Medal for bravery whilst rescuing and treating injured colleagues.

Paediatric Training (New Statutory Guidance for Schools)

The Early Years Foundation Stage (EYFS) will come into effect from September 2008, a guidance for those dealing with children from birth to five years. From this time schools will be required to have at least one member of staff with the 12 hour Paediatric First Aid certificate. As always schools will need to make contingency arrangements to cover school trips and staff absence etc. We have copies of all the supporting documents and are on hand to answer any questions. We can deliver this course on an in-house basis and have open courses in some areas, please call the office for more details.

A.I.D Training & Operations Ltd
Crusader House
Centurion Way
Crusader Business Park
Warminster, BA12 8BT

Tel: 08700 780531
Fax: 01985 843103
Email: info@aid-training.co.uk

Wounds and Bleeding

Bleeding can be external or internal. For obvious reasons we usually have no difficulty in recognising external bleeding. However, internal bleeding can cause problems in recognition.

External bleeding may present in one of three ways:

- Arterial bleeding - bright red blood spurts out in time with the heartbeat.
- Venous bleeding - darker red blood, which may pool.
- Capillary bleeding - oozes out.

Types of wound:

- Incised Caused by a sharp object i.e. a knife
- Laceration Caused by a jagged object i.e. a can lid
- Abrasion Capillary bed bleeding
- Contusion A bruise
- Puncture Various causes, including stabbing
- Gunshot

Treatment

- The first priority is always danger to yourself and the casualty
- The medical priorities are the ABC's
- Once these have been sorted out:
 - Sit the casualty down
 - Inspect the wound-having put gloves on
 - When dealing with a minor wound make your best effort to clean it, ideally using running water. If the wound is serious don't waste time cleaning it-it will be done professionally in hospital
 - If there is nothing imbedded in the wound apply direct pressure
 - If there is something imbedded in the wound do not pull it out, but apply pressure to the outside of it
 - Elevate the limb
 - Apply sterile dressing

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Treating Bleeding - Continued

- If further bleeding occurs apply a second dressing. If blood seeps through this dressing remove both dressings and apply a new dressing making sure that pressure is applied accurately to the point of bleeding
- Consider the use of a pressure point if bleeding is not contained
- Treat for shock and seek medical help

Dressing a Wound



1. Encourage the casualty to sit down and self-help



2. Put on your gloves



3. Examine the wound for impaled objects



4. If there is nothing in it apply a maximum of two dressings



5. Check that the dressing(s) are not too tight

Dressing an Impaled Object



1. Expose the wound
do not remove the
object



2. Apply padding
around the object



3. Secure the padding
in place

Pressure Points

These are only to be used as a last resort to stop serious arterial bleeding:

- A site where an artery crosses a bone
- Used if direct pressure does not control the bleeding
- Apply for a maximum of 10 minutes before slowly releasing
- If bleeding persists reapply pressure for a further 10 minutes
- There are four that are relevant to a first aider:
- Two brachial pressure points one on the inside of each arm
- Two femoral pressure points one on the front of each leg high where the leg meets the torso



The brachial pressure
point



The femoral pressure
point

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

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 .

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.

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.



Advanced Trauma Training



Training for School Staff