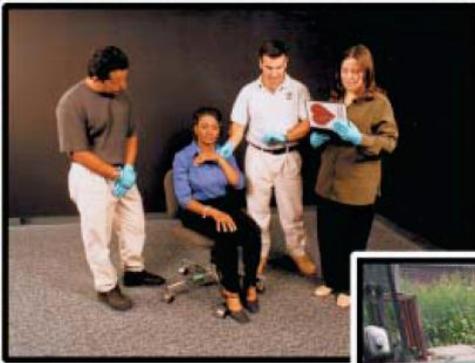




DIVE Northampton First Aid Training

Emergency First Response

First Aid at Work (GREAT BRITAIN)



Emergency First Response

Primary Care (CPR) and Secondary Care
(first aid) programme



DIVE Northampton First Aid Training

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DIVE Northampton First Aid Training

Who is DIVE NORTHAMPTON?

DIVE NORTHAMPTON has been providing professional level training for over 15 years. Initially all First Aid training was associated with the SCUBA Diving tuition that was DIVE Northampton's specialty. DIVE NORTHAMPTON was the first professional Dive Training Centre in the county and now provides Diver and First Aid training at recreational, technical and professional levels – *we train the trainers*.

In more recent years, First Aid has become a priority for individuals and business alike. To meet this need, DIVE NORTHAMPTON have developed a team of professional trainers that are able to provide First Aid training based around real hands-on experience. We believe that we offer something unique – our trainers are not only professional educators; they also use their First Aid skills on a practical level too. This provides a unique blend of ability and experience that enables us to provide the best training possible.

We have trained thousands of people over the years and take great pride in the quality of the courses we run. We will do all we can to ensure that our students are comfortable, relaxed and ready to learn. Most First Aid training has only limited value because students remain nervous about putting their skills into practice. Our hands-on approach focuses on what they should do rather than what they shouldn't. This gives our graduates the confidence to provide care whenever and wherever necessary.

Emergency First Response (EFR)

Emergency First Response is the fastest-growing international CPR, AED and first aid training organisation. With more than 31,000 instructors worldwide, Emergency First Response is backed by 36 years of experience in the development and delivery of instructional courses, training materials and educational curricula. Emergency First Response courses have gained widespread international acceptance.

Emergency First Response's course curricula are based on the consensus view of the Basic Life Support (BLS) Working Group of the International Liaison Committee on Resuscitation (ILCOR). ILCOR is an international standards group representing most of the world's major resuscitation organizations.

Focused on training the lay rescuer, the Emergency First Response approach to training builds confidence in lay rescuers and increases their willingness to respond when faced with a medical emergency by teaching them the skills they need in a non-stressful learning environment.

What are your Legal Obligations?

Individuals

As a member of the community in which we live, we all want to be able to help someone in trouble. Whilst there are no legal obligations for us to be first aid trained, in an emergency, knowing how to assist someone else, a member of our family or even ourselves, can make a life or death difference. Simple, effective, First Aid training can provide you with the skills needed to meet life's emergencies.



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Employers & Self-Employed

As an employer or even if you are self-employed, you are legally obliged to provide appropriate first aid care and equipment for anyone who is injured or falls ill at work. Employers are obliged to undertake an assessment of the risks as they apply to their business and determine the nature and extent of the first aid care needed based on the risks that exist and the number of employees present.

First aid care can fall into 2 categories. For situations with low staff numbers and/or low risk, an Appointed Person may be sufficient. This staff member is responsible for all First Aid arrangements, including looking after the equipment, the facilities and calling for the emergency services when needed. The HSE *strongly advise* that an Appointed Person should receive appropriate emergency First Aid training. The EFR Primary Care Course meets this recommendation.

First Aiders at Work are needed wherever staff numbers and/or the risk of injury or accident is high. To meet this requirement, a First Aider must have completed a full four-day (or two-day refresher) HSE regulated and approved First Aid at Work course. The EFR First Aid at Work course meets this requirement. As a general rule, First Aid cover should be available at all times and sufficient cover should exist for shifts, holidays and absences. The HSE provides the following recommendations:

| <i>Category of Risk</i> | <i>Numbers employed at any location</i> | <i>Suggested number of first-aid personnel</i> |
|------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------|------------------------------------------------------------------|
| Lower Risk eg shops, offices libraries | Fewer than 50 | At least one appointed person |
| | 50-100 | At least one first aider |
| | More than 100 | One additional first aider for every 100 employed |
| Medium Risk eg light engineering and assembly work, food processing, warehousing | Fewer than 20 | At least one appointed person |
| | 20-100 | At least one first aider for every 50 employed (or part thereof) |
| | More than 100 | One additional first aider for every 100 employed |
| Higher Risk eg most construction, slaughterhouse, chemical manufacture, extensive work with dangerous machinery or sharp instruments | Fewer than 5 | At least one appointed person |
| | 5-50 | At least one first aider |
| | More than 50 | One additional first aider for every 50 employed |

Who should do the course?

The ability to provide CPR/first aid assistance is a skill that has application in all areas of our lives. Whether we are a parent, teacher, childcare worker, employee or running our own business, we may find ourselves in a situation where we need to provide emergency care for someone.

In today's work environment, occupational health and safety regulations require staff to be proficient in CPR and first aid skills. Gaining these skills needs to fit into busy schedules. Emergency First Response's flexible approach to learning makes our programs the first choice. Students learn the basics in their own time through the use of our independent study materials, and then participate in practical hands-on training session with an experienced Emergency First Response Instructor at a time convenient for them or their employer.



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Choosing the correct course

At DIVE NORTHAMPTON, there are a number of courses available depending on your needs and obligations:

General First Aid - Adult

| Course | Content | Duration | Cost |
|--------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------|---------|
| Primary Care | Emergency First Response Primary Care (CPR) teaches participants how to respond to life-threatening emergencies. The course focuses on primary care through a combination of knowledge development, skill development and realistic scenario practice to make sure participants have the confidence in their ability to provide care when emergency situations arise. Primary Care (CPR) skills taught in this course include Scene Safety Assessment, Communicable Disease Protection, including barrier use, Primary Assessment, Rescue Breathing, Cardiopulmonary Resuscitation (CPR), Conscious and Unconscious Obstructed Airway Management, Serious Bleeding Management, Shock Management and Spinal Injury Management | 1 Day | £55.00 |
| Secondary Care | Emergency First Response Secondary Care covers injuries or illnesses that are not immediately life threatening. Participants focus on secondary assessment and first aid through knowledge development, skill development and realistic scenario practice. Secondary Skills taught in this course include: Injury Assessment, Illness Assessment, Bandaging and Splinting for Dislocations and Fractures | ½ Day | £25.00 |
| Automated External Defibrillator (AED) | The Emergency First Response Automated External Defibrillation (AED) course builds on the skills learned in the Primary Care (CPR) course to teach the proper AED use. This life saving device can increase a patient's chance of survival from a cardiac arrest by fifty percent. During this course you'll review the basic principles of Primary Care (CPR) and learn how to deploy and use an AED in an emergency situation. | 2 Hours | £35.00 |
| Combined Primary & Secondary Care | A combination of the Emergency First Response Primary Care (CPR) and Secondary Care courses. This course meets the pre-requisites for the PADI Rescue course. | 1½ Days | £85.00 |
| Combined Primary & Secondary Care with AED | A combination of the Emergency First Response Primary Care (CPR) and Secondary Care and the Automated External Defibrillation (AED) courses. This course meets the pre-requisites for the PADI Rescue course. | 1½ Days | £95.00 |
| Oxygen Administration Course | This is a PADI Distinctive Specialty Course that covers the equipment, use and deployment of emergency Oxygen. | 6 Hours | £115.00 |
| Primary Care Skills Refresher | First Aid skills can quickly deteriorate unless regularly updated. This course will review key procedures and practice skills to ensure that First Aid skills are up to date and well understood. | ½ Day | £35.00 |



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First Aid in the Workplace

| Course | Content | Duration | Cost |
|------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------|------------------|
| Primary Care – Appointed Person | Emergency First Response Primary Care (CPR) teaches participants how to respond to life-threatening emergencies. The course focuses on primary care through a combination of knowledge development, skill development and realistic scenario practice to make sure participants have the confidence in their ability to provide care when emergency situations arise. Primary Care (CPR) skills taught in this course include Scene Safety Assessment, Communicable Disease Protection, including barrier use, Primary Assessment, Rescue Breathing, Cardiopulmonary Resuscitation (CPR), Conscious and Unconscious Obstructed Airway Management, Serious Bleeding Management, Shock Management and Spinal Injury Management | 1 Day | £55.00 |
| First Aid at Work | The Emergency First Response (EFR) First Aid at Work (Great Britain) course is a Health and Safety Executive (HSE) approved first aid course for the purpose of meeting the Health and Safety (First Aid) Regulations 1981. This programme meets the statutory needs of employers in England, Scotland, Wales and Northern Ireland needing at least one First Aider on the premises. The Emergency First Response First Aid at Work (Great Britain) course is customised to UK Resuscitation Council basic life support protocols and nationally accepted first aid protocols and is based upon the instructor led delivery of the Emergency First Response Primary Care and Secondary Care modules instructor digital lesson guides. Modules on Caring for Specific Illnesses and Injuries, and First Aid in the Workplace compliment these. The course has its own materials including participant and instructor manuals, and benefits from the use of the existing Emergency First Response Primary Care and Secondary Care video. | 4 Days | £185.00 |
| First Aid at Work Requalification | The Emergency First Response (EFR) First Aid at Work Requalification course provides the required content to requalify First Aiders with an existing, in date, First Aid at Work qualification. Requalification must take place every 3 years. | 2 Days | £110.00 |
| First Aid at Work Skills Refresher | First Aid skills can quickly deteriorate unless regularly updated. First Aiders at Work provide immediate care and must be prepared for an emergency. This course will review key procedures and practice skills to ensure that First Aid skills are up to date and well understood. | ½ Day 1 Day | £35.00 £55.00 |
| First Aid for Child Care Workers | The Emergency First Response Care for Children course is an innovative CPR, AED and First Aid training course that teaches participants how to provide emergency care for injured or ill children (ages one to eight) and infants less than one year old. This course meets the standards set by SureStart and the Childcare Approval Scheme. Participants learn about the types of medical emergencies that children face, and how they differ from adult conditions. The curriculum also includes the importance of attending to basic emergency situations with children, the emotional aspects of caring for children, secondary care for children, and preventing common injuries and illnesses in children. The course trains the lay rescuer to follow the same priorities of care used by medical professionals. The student masters the priorities and the procedures of patient care for infants and children in a non-stressful learning environment, which reduces the performance anxieties that interfere with learning and enhances confidence when rendering aid in a real medical emergency. The course includes both primary care (CPR) and secondary care (first aid) skills. The primary care portion of the course prepares the rescuer to render aid to an infant or child with a life-threatening emergency such as choking or cardiac arrest. Secondary care focuses on developing secondary patient care skills and building the rescuer's confidence to render first aid to an infant or child in need when emergency medical services are either delayed or unavailable. The Care for Children course content is based on guidelines from the Paediatric Working Group of ILCOR. | 12 Hours | £99.00 |

First Aid for Children



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| Course | Content | Duration | Cost |
|-------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------|--------|
| Care for Children Course including AED | The Emergency First Response Care for Children course is an innovative CPR, AED and First Aid training course that teaches participants how to provide emergency care for injured or ill children (ages one to eight) and infants less than one year old. Participants learn about the types of medical emergencies that children face, and how they differ from adult conditions. The curriculum also includes the importance of attending to basic emergency situations with children, the emotional aspects of caring for children, secondary care for children, and preventing common injuries and illnesses in children. The course trains the lay rescuer to follow the same priorities of care used by medical professionals. The student masters the priorities and the procedures of patient care for infants and children in a non-stressful learning environment, which reduces the performance anxieties that interfere with learning and enhances confidence when rendering aid in a real medical emergency. The course includes both primary care (CPR) and secondary care (first aid) skills. The primary care portion of the course prepares the rescuer to render aid to an infant or child with a life-threatening emergency such as choking or cardiac arrest. Secondary care focuses on developing secondary patient care skills and building the rescuer's confidence to render first aid to an infant or child in need when emergency medical services are either delayed or unavailable. The Care for Children course content is based on guidelines from the Paediatric Working Group of ILCOR. The course includes Scene Safety Assessment, Barrier Use, Primary Assessment, Obstructed Airway Management (child and infant), Rescue Breathing (child and infant), Cardiopulmonary Resuscitation (child and infant), Automated External Defibrillator (AED) use, Serious Bleeding, Shock Management, Spinal Injury Management, Injury Assessment, Bandaging and Illness Assessment. | 1 Day | £75.00 |
| Automated External Defibrillator (AED) for Child and Infant | The Automated External Defibrillation (AED) course builds on the skills learned in the Primary Care (CPR) course to teach the proper AED use with children and infants. This life saving device can increase a patient's chance of survival from a cardiac arrest. During this course you'll review the basic principles of Primary Care (CPR) and learn how to deploy and use an AED in an emergency situation. | 2 Hours | £25.00 |

Professional Level Courses

| Course | Content | Duration | Cost |
|---------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------|---------|
| Primary & Secondary Care, Adult and Children Instructor | During the Emergency First Response Instructor course, you will build on your skill as an Emergency Responder and focus on developing your instructional abilities to teach these skills to others. The Instructor course provides you with the additional training necessary to teach the Emergency First Response Primary Care (CPR), Secondary Care (First Aid) and Care for Children courses. Through a multi-media approach of independent study, classroom sessions and practical teaching assignments, you learn to conduct Emergency First Response courses. The instructor course covers specific goals and performance requirements for the Primary Care, Secondary Care and Care for Children courses, along with instruction on how to structure learning, the requirements of performance-based training, and your role as the instructor in the learning environment. You also learn how to motivate students, evaluate student knowledge, present course content effectively, become proficient in developing students' hands-on skills practice sessions, and are taught how to present an effective scenario-based learning experience. Prerequisites: To enter the Emergency First Response Instructor course, you must be 18 years old and have completed adult, child and infant CPR and first aid training in the past 24 months or a be a practicing medical professional such as a physician, Emergency Medical Technician, Paramedic and Registered Nurse. | 2 Days | £175.00 |
| Primary & Secondary Care, Adult and | Individuals who are current CPR/First Aid instructors with another appropriate qualifying organisation may choose to earn the Emergency First Response | 1 Day | £75.00 |



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| Children Instructor Cross-Over Course | <p>Instructor rating by completing the Emergency First Response Instructor Crossover course. This course gives credit for past teaching experience and focuses on familiarizing candidates with the Emergency First Response course philosophy and structure.</p> <p>Prerequisites: The Emergency First Response Crossover course is open to all CPR/First Aid Instructors who hold current adult, child and infant CPR/First Aid teaching credentials from another CPR/First Aid training organisation.</p> | | |
| Primary & Secondary Care, Adult and Children Instructor Retraining Course | <p>For any Emergency First Response Instructor whose Instructor certification has lapsed. This course reviews the key knowledge and skill elements, reviews the program as a whole, highlights any changes to course content, techniques and materials.</p> | <p>1 Day</p> | <p>£75.00</p> |
| First Aid at Work Instructor | <p>The Emergency First Response First Aid at Work Instructor course provides qualified Emergency First Response Instructors with the additional training necessary to teach and to act as an Assessor for the Emergency First Response First Aid at Work course. This course is aimed at the Emergency First Response Instructor who wishes to teach First Aid in the workplace environment for the purposes of the Health and Safety (first aid) Regulations 1981 (GB) and focuses on introducing the Instructor to regulatory and course requirements for this purpose.</p> <p>Prerequisites: Be a current Emergency First Response Instructor or have completed an Emergency First Response Instructor Cross-Over course and hold an in-date First Aid at Work (GB) certificate from an appropriate agency.</p> | <p>1 Day</p> | <p>£95.00</p> |

Course Location Options

The Courses offered by DIVE NORTHAMPTON are usually conducted in our training rooms in the centre of Northampton. There is ample parking and we are only 5 minutes walk from the Bus Station and 10 minutes walk from the Railway Station. Our facilities offer heated training rooms with ample space for skill practice and theory development and all the electronic multi-media equipment you would expect.

We can however conduct all of our courses at a site of your choosing. From business premises to village halls, from schools to homes, provided that the intended location meets the course requirements in terms of facilities, layout and accommodation, we are happy to come to you. For most courses with groups of 4 and over, there is no extra charge for this option. The ability to provide First Aid training in the same location that it will usually be used can provide substantially enhanced realism and greatly increase the value derived from the course.

Some courses, such as the First Aid at Work course, require intended sites to be registered before use. If you intend to use your own site for training, there may be some lead-time needed to make the necessary arrangements. We will happily work with you to make this process as simple as possible.



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Course Scheduling Options

As a general rule, we endeavour to have a minimum of 2 participants on any course. This not only creates a more relaxed learning environment, it also allows the participants to learn from each other. We will therefore attempt to match bookings to existing courses wherever possible.

Sometimes courses need to be completed urgently. Should this be the case, we can nearly always meet your scheduling requirements. With groups of 4 or more participants, we will always try to meet your required schedule and will happily restrict the course to just your group. This helps create a more relaxed and fun learning environment.

Evening and weekend courses are also available, often at no extra charge. You will need to contact us for more information on this option.

Group Bookings

For Club, Corporate and Group bookings, DIVE NORTHAMPTON is able to offer a number of pricing structures. These include fixed-price rather than per-participant courses, annual service contracts, reduced rates for groups in excess of 3 and package-prices. As these options vary based on a wide range of issues, details are available on request.

External Assessors

DIVE NORTHAMPTON is happy to provide other HSE certified organisations with authorised Assessors for HSE First Aid at Work and Requalification courses. Availability will depend on existing commitments but a full team of 2 Assessors should be available. Our Assessors are flexible and usually happy to travel. Details are available on request.

Course Booking

Courses can be booked in several ways. You can visit us and book your course in person, make a telephone booking or even book by email. Our usual policy is for all our students to have access to the training materials necessary for the course at least 7 days prior to the start of the course. This allows the students to fully understand the course content in advance and ensures that our students get the most out of the training process.

We therefore require a deposit of 50% of the course fee when you book. This enables us to provide you with the necessary training materials and reserve your place on the course. Payment can be by cash, cheque, credit card, debit card or even PayPal. The balance is payable on the first day of your course. The deposit is not refundable but should you cancel prior to the start of the course, nothing further will be payable.

If you need to postpone or reschedule your course, this can be done at any time prior to the start of your course. Should this be necessary, a £50 administration fee is payable.



DIVE Northampton First Aid Training

How to find us

DIVE Northampton
33 Harlestone Road
Northampton
NN5 7AB

Tel: 01604 586156
Mobile: 07979 598740

Email: andy@divenorthampton.co.uk

Web: www.divenorthampton.co.uk or www.emergencyfirstresponse.com

