



SOEC FIRST AID COURSE INFORMATION

REC First Aid at Work (3 days – min 24 hours)

The course is for statutory and workplace needs. The FAW course is designed to introduce a systematic method of first aid for managing casualties. The course is a balance of learning and practical intermixed with scenarios of real situations. The course includes:

- The fundamental workings of the body, in particular, the heart, lungs and airway
- Recognising the difference between – healthy; ill; injured
- Recording the baseline measurements of the vital body functions
- Introduces a system to cope with all incidents as safely as possible
- Covers the HSE syllabus for first aiders at work according to the '81 and '97 regulations and the UK and European Resuscitation guidelines

Course Date	Location
27-29 September	Belmont Centre, Meigle
4-6 October	Dounans Centre, Aberfoyle
1-3 December	Broomlee Centre, West Linton
26-28 January 2011	Loaningdale Centre, Biggar



rescue emergency care

Price: £235.00 including lunch and refreshments

(Accommodation and other meals can be provided at additional cost.)

Content

First aid training with the REC scheme is easy and fun. The course is progressive by building on each session, introducing new scenarios to test all techniques for:

- **Emergency:** vital signs • emergency action • airway • unconscious • choking • bleeding • breathing and circulation • cpr
- **Environment:** heat stress • cold stress • hot injuries • cold injuries
- **Health & Safety:** recording accidents • RIDDOR • FAW regulations • first aid kits • sick room
- **Illness:** chest pain • stroke • asthma • epilepsy • diabetes • minor ailments
- **Injury:** head • spine • chest • abdomen • pelvis • bones • soft tissue • eye
- **Rescue:** transportation • communication
- **Assessment:** reviews learning during course • practical assessment • external assessors

Assessment

- HSE First Aid at Work course is externally assessed by qualified Assessors by observation of practical skills and oral questions.

Candidate

- Will be able to take control of an incident until a nurse, doctor or ambulance arrives
- Is able to cope with common occurrences – illness; injury; collapse; rescue
- Is able to fulfil health and safety requirements for the HSE First Aid at Work



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Scottish Environmental and Outdoor Education Centres Association Ltd.
Registered in Scotland No: 24950 - Scottish Charity Ref: SC 002278
Registered Office: Loaningdale House, Biggar ML12 6LX

- All candidates must feel confident and have competence to deliver as a First Aider at work.

Qualification

- First Aid at Work is an HSE approved course valid for 3 years
- Ability to maintain statutory first aid requirements for a place of work according to HSE '81 and '97 regulations
- Can be updated by a 2 day refresher course before expiry of original 3 year certificate

Other first aid courses available:

REC Basic First Aid (one day – 8 hours): Valid for 3 years

Price: £65.00 including lunch and refreshments

REC Emergency First Aid (2 days – 16 hours): Valid for 3 years

Price: £125.00 including lunch and refreshments

REC First Aid at Work (3 days – min 24 hours) – can be updated by a 2 day re qualifying course before expiry after 3 years

Price: £235.00 including lunch and refreshments

REC First Aid at Work requalifying course (2 days – min 12 hours) – Valid for 3 years

Price: £195.00 including lunch and refreshments

REC Advanced first aid – 2 days (16 hours)

The Advanced First Aid course is certified for three years.

REC Travel first aid (2 days – 16 hours): valid for 3 years

Price: Please contact us for prices

REC Trainer first aid (4 days – 24 hours)

Price: £550.00. Please contact us for dates.



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About us:

SOEC offers a broad range of educational programmes and outdoor experiences to schools and a wide range of groups.

Our programmes are designed to be exciting, challenging and relevant to every group. Whilst always fun they also maximise every learning opportunity for children and young people to learn about their potential and the world they live in.

SOEC Centres can also accommodate groups who may simply wish to make use of the facilities for their own programme; whether music, drama, conferences or a celebration.

We are a charity and social enterprise employing over 80 staff to ensure the customer's experience is memorable and successful.

Interested in finding out more? Please ask for one of our brochures or telephone the number below.

Scottish Outdoor Education Centres

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