



SOEC FIRST AID COURSE INFORMATION

REC First Aid at Work re-qualification course (2 days – min 12 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 will refresh and re-test the knowledge and skills gained in the initial 4 day course and will include the following:

- 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
- New and amended protocols will be introduced



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Course Dates	Location
21-22 October	Loaningdale Centre, Biggar
20-21 November	Belmont Centre, Meigle
6-7 December	Broomlee Centre, West Linton
25-26 Feb 2011	Dounans Centre, Aberfoyle

Assessment

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

Candidate

- Only candidates with an in-date FAW certificate can take this course
- If refresher course is carried out within the three month period prior to the expiry date of the original certificate, the new certificate will be dated from the date of expiry of previous certificate
- 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 fulfill health and safety requirements for the HSE First Aid at Work
- 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 current FAW 3 year certificate

Price: £235.00 including lunch and refreshments

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

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 refresher before expiry after 3 years

Price: £235.00 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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