

Emergency First Aid (Sport (Triathlon) Specific) 1 Day Course at Central Park Facility (Wigan Warriors Academy)

The above course will start at 0900. The content (below) covered will give you the necessary skills to assess, prioritise and carry out effective measures in a number of emergency situations.

The qualification is valid for 3 years following successful completion.

Fees include Certification, Manual, Venue, Instruction and guidance.

To book your place on this course you are required to transfer £40 to the following account with Reference EFA 22.1.17

Santander BeUrBest. T J Bates

Acc No.45717672

09-01-28

If you are unable to make payment by this method please advise by return e mail to enquiries@beurbest.com to arrange alternative method.

I will require from you the following details for registration:

Full name

Date of Birth

E Mail address

Please give this by return e mail to allow license processing in advance of the course.

Course content

Due to popular demand and the rise in awareness of the use of Defibrillators (AEDs) especially in sports environments this course now includes full AED and Defibrillation training, in accordance with the UK Resuscitation Council Guidelines.

- ☑ Safe best practice and awareness of current regulations
- ☑ A systematic approach to incident management using both primary and secondary surveys (ABCDE)
- ☑ Vital Signs
- ☑ Monitoring conscious casualties
- ☑ Unconsciousness, causes and treatment using safe airway positions
- ☑ External bleeding, internal bleeding and shock
- ☑ CPR Resuscitation procedures, including multi-person CPR

☒ Defibrillation and AED use

☒ Choking

☒ Assessing and treating common sports trauma injuries - head, neck, spine & limb

☒ Manual spinal immobilisation techniques

☒ Soft tissue injuries, strains and sprains - when to and when not to use ice

☒ What to put in your first aid kit

☒ How to make an action plan

The course will require practical assessment and will conclude with questions and answers.

Address of venue:

Central Park Facility

Montrose Avenue

Wigan

WN5 9XL

Car parking is available at the front of the complex.