First Aid Training - Flow Chart

Churches have a responsibility to ensure that there is adequate provision of first aiders at all their programmes. A recommended baseline ratio is 1-50 (for everyone present), being increased subject the adequate Risk Assessments for the premises, activity and user groups.

Churches should check with their insurance providers and other governing bodies (such as OfSted, HR advisors if an employer) to identify their legal requirements for having Health & Safety Executive (HSE) 'Appointed Person' level qualified AND/OR Emergency First Aid at Work (EFAW) level qualified personnel. Below is a flow chart to help churches in Wessex Synod consider the appropriate level of training through our training provider *First Aid For Life*.

Low risk activities such as an average church programme, meetings, mid-week groups, Junior church or basic activity.

Emergency First Aid - HSE 'Appointed Person'

Bespoke course for Wessex URCs provides good basic knowledge of first aid. Participants gain confidence and a HSE 'Appointed Person' level qualification (valid for 3 years) and verifiable CPD.

This course is hosted by local churches in Wessex Synod.
Please contact the synod office if you would like to arrange a course at your church.

Free to members of URC churches and LEPs in Wessex Synod. Places can be opened to others at cost price pp.

Reformed Church

Course time - 4 hours

Higher risk activities such as sport or catering. This includes more extensive programmes such as outdoor/residentials, and high risk activities/crafts such as cooking.

Emergency First Aid at Work (EFAW)

Fully regulated course including assessment. Course covers CPR, recovery, and common medical emergencies. HSE legal requirements. (valid for 3 years) and verifiable CPD.

This course can be general (for all ages) or can have a specific focus in

Paediatric (compliant with Early Years and Sure Start requirements) or Senior Citizen (60+).

This course is hosted by local churches in Wessex Synod. Please contact the synod office if you would like to arrange a course at your church.

Free to members of URC churches and LEPs in Wessex Synod. Places can be opened to others at cost price pp.

Low risk activities with high risk users such as additional needs and medical concerns.

Course time - 6 hours

(For Paediatric and Senior Citizen specific focus courses there is an additional 6 hours online pre learning requirement)

other First Aid requirements?

such as parents, child carers, sports, pets, youth training courses for DofE (such as skill section), camping, hiking, or more bespoke.

Additional Courses

First Aid For Life deliver a variety of online and in person courses which award participants with HSE Appointed Person level qualification and are verifiable CPD For online courses visit - onlinefirstaid.com

For in-person courses visit - <u>firstaidforlife.org.uk</u>

The local church is responsible for arranging these courses direct with *First Aid For Life* and covering the costs.

Training grants available <u>Document Library | URC Wessex Synod</u>

For further information contact the Development Team Administrator, Wessex Synod Office. Email: development@urcwessex.org.uk Tel: 023 8067 4513

URC Wessex Synod works in partnership with First Aid For Life to provide:

Emergency First Aid HSE 'Appointed Person' level

- · Dealing with an emergency
- · Unresponsive and breathing child and adult (Recovery position)
- Unresponsive and not breathing body, child and adult (CPR)
- Breaks, sprains and strains
- Head injury
- · Bleeding and wounds
- Nosebleed
- Burns
- Severe allergic reaction
- Fever and febrile seizures
- Seizures
- Choking baby, child and adult
- Swallowed something harmful
- Shock
- Asthma
- Diabetic emergency hypoglycaemia
- First Aid Kits
- Brief overview of accident recording, reporting and administering medication

Course time - 4 hours



Emergency First Aid At Work (EFAW) - First Aider qualification

- Dealing with an emergency
- Unresponsive and breathing baby, child and adult, including
- Unresponsive and not breathing baby, child and adult (CPR)

consideration for suspected spinal injury (Recovery position)

- AED (Automated External Defibrillator)
- Bone, muscle and joint injuries
- Head injury
- Bleeding and wounds
- Burns
- Severe allergic reaction and administering EpiPen
- Fever and febrile seizures
- Seizures
- · Choking baby, child and adult
- Objects in the ears and nose
- Shock
- Asthma
- Diabetic emergency—hypoglycaemia
- Harmful substances
- Heat exhaustion
- Hypothermia
- First aid kits
- Brief overview of accident recording, reporting and administering medication

Please advise if you require the course to provide a specific paediatric or senior citizens (60+) focus.

Course time - 6 hours

(For Paediatric and Senior Citizen specific focus courses there is an additional 6 hours online pre learning requirement)

Further information about First Aid at Work

First Aid at Work, Your Questions Answered http://www.hse.gov.uk/pubns/indg214.pdf

Selecting a First Aid Provider, a guide for **Employers**

http://www.hse.gov.uk/pubns/geis3.pdf including selecting an appropriate course.

Feedback on First Aid For Life Courses:

'The online training was excellent'

'A busy but constructive day. The Tutor was friendly and informative. Plenty of practical work as well'

> 'The Trainer was excellent and went at a suitable pace for learning to be absorbed'

'The practical session and face to face training was most useful'

'Completing the online session enabled us to relate to the in person session and practical activities better'