

# EMERGENCY FIRST AID AT WORK + FORESTRY

Emergency First Aid at Work + Forestry is aimed at those working within the arboricultural and forestry sectors as well as anyone required to operate a chainsaw, timber hauliers, ecologists or remote workers.

## COURSE CONTENT

- ◆ Understand the role of the First Aider
- ◆ Preventing cross infection
- ◆ Recording incidents and actions
- ◆ Use of available equipment
- ◆ Assessing situations in order to act safely, promptly and effectively in an emergency
- ◆ Unconscious casualty (including seizure)
- ◆ CPR and use of an AED
- ◆ Choking casualty
- ◆ Wounded and bleeding casualty
- ◆ Shock
- ◆ Minor injuries first aid



The Emergency First Aid at Work + Forestry course is a 1-day training course which is valid for 3 years, after which, a 1-day recertification course is required every 3 years.

**Where does the training take place?** Courses can be run at your home or workplace or we can provide a suitable training venue. Course timings are flexible and can be run on weekends and evenings when required.

**How is the training delivered?** The course is delivered in groups of up to 12, allowing all participants a high-level of instruction using both theory and practical training. The course is friendly and relaxed, ensuring confidence is gained - a vital element of being an effective First Aider. We can offer short-notice individual training if required.

**Is the training accredited?** Yes, our training is regulated by the relevant national organisation and certificates are issued by our awarding body. The training is delivered in line with the relevant agency and their First Aid Policies - Forestry Services and Forestry England if the workplace is in England or Forestry & Land Scotland if the workplace is in Scotland.

## ADDITIONAL FORESTRY CONTENT

- ◆ Emergency planning & remote medical assistance
- ◆ Crush injuries
- ◆ Catastrophic bleeding including chainsaw injuries and penetrating wounds
- ◆ Amputations
- ◆ Use of tourniquets and haemostatic dressings
- ◆ Hot / cold injuries
- ◆ Suspension injuries
- ◆ Lyme Disease & bites
- ◆ Lightning & high voltage injuries

## UNSURE ABOUT WHAT YOU NEED?

Get in touch for advice on your First Aid Needs Assessment - we can help you produce a plan which falls in line with recommendations for Forestry First Aid.

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