

# HOLOS

## HEALTHCARE & TRAINING LTD

### NEWSLETTER



0800 007 5248

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#### AND THIS STUFF WORKS!!!

"Last month my husband and I went to a funeral at a crematorium near Gatwick. It was crowded, so we decided to stand at the back.

During the service I heard someone talking behind me and as I turned I saw a woman trying to hold her husband up. He looked unwell, so I asked my husband to hold him and gently put him on the floor.

At that point I asked all the people around to give some space and leaned down to see if he was breathing - he was unconscious at that point - and asked his wife if she knew what was wrong. She said he suffered from Diabetes.

I checked him briefly and put him into the recovery position while my husband went to call for an ambulance. As soon as he was on his side he opened his eyes and said thank you, although he looked a little confused. He tried to get up, but I asked him to take it easy and lay down for a little longer

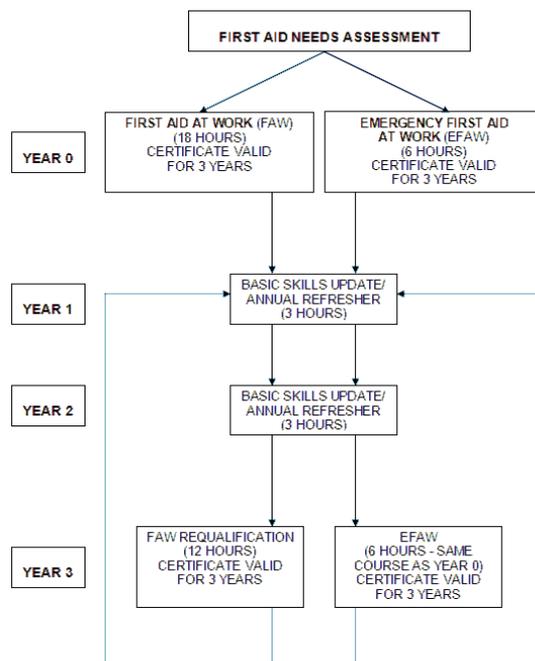
## NEW HSE GUIDELINES DUE TO START ON OCTOBER 1<sup>st</sup>

Following our January 2006 Newsletter, which contained the recommendations of the Casella Winton report looking at employers views and compliance with First Aid Regulations, and the subsequent Health & Safety Executive's (HSE's) position statements of 2007 and 2008, the new guidelines are due to come into force from 1<sup>st</sup> October 2009.

The changes were based on the research, which showed:

- ◆ General support for a shorter (3 Day) First Aid at Work course;
- ◆ More frequent refresher training (which was also backed by a review of scientific and medical literature on skills retention) &;
- ◆ More 'basic first aiders' trained in emergency first aid.

A brief flowchart is shown below (reproduced from the HSE's website, [www.hse.gov.uk](http://www.hse.gov.uk))



The following information has also been drawn from the HSE's website, [www.hse.gov.uk](http://www.hse.gov.uk).

[www.holoshealthcare.co.uk](http://www.holoshealthcare.co.uk)

The Health and Safety (First-Aid) Regulations 1981 remain basically unchanged and require that in order to provide first aid to their employees who are injured or become ill at work, employers must have adequate and appropriate equipment, facilities and personnel.

Regulation 3(2) states that for this purpose a person shall not be suitable unless they have undergone:

- such training and has such qualifications as the Health and Safety Executive may approve for the time being in respect of that case or class of case, and;
- Such additional training, if any, as may be appropriate in the circumstances of that case.

If an employer has identified that first aiders are needed in their workplace, they must gain a certificate of competence from a training organization that has been approved by HSE.

#### The First Aider at Work

After extensive consultation, the HSE has developed a new training regime. Under this regime, employers can send prospective first aiders on a course in either First Aid at Work (FAW – 3 days) or Emergency First Aid at Work (EFAW 1-day). The employers would have to determine their own first aid needs assessment to ensure the appropriate choice of training.

#### Annual Refresher Training

The HSE now strongly recommends that first aiders undertake annual refresher training to help maintain their basic skills and keep up with any changes in procedures. These are of ½ day in duration and again are to be run by HSE approved training organizations. Our new 3-day FAW course will remain the same price as our existing course, however built in the cost will be the 2 x ½ day refreshers. (contd. overleaf)



**The survival rate for an out-of-hospital cardiac arrest in London in 2001 was between 1 and 2% & yet Seattle had a 25% rate. Would you know what to do this was your colleague / family member / friend /?**

**AND THIS STUFF WORKS!!! (Contd.)**

After that with the help of my husband he went out followed by his wife, and the paramedics arrived shortly after. We later learned that his blood pressure was very low.

I was amazed to see that no one else moved to give a hand. I think they were just shocked and couldn't make a quick decision. We were later thanked by the paramedics and the couple (who were both in their 60's or 70's). My husband was also surprised to see how easily I managed to put a grown man in the recovery position.

I didn't really do very much, but if I hadn't been to your first aid course I don't know if I would have done anything at all. Hope to see you at Michael's next refresher session."

Best regards

Renata Lengui

*Well done Renata. This is quite a common comment the fact that people who step up when needed feel that they have done very little. As I pointed out to her, if the man had collapsed on his back, and people continued to do nothing until the ambulance arrived, he would probably not be able to maintain his airway and would probably have died*

**HSE Changes (contd.)**

**The Appointed Person**

Where an employer's assessment of need indicates no first aider is required, then an appointed person is to take charge of first aid arrangements and call the emergency services.

Appointed Persons can't administer first aid unless they have been on one of the first aid courses

**Blue food dye speeds healing in spinal injuries**

In a recent study published in the journal Proceedings of the National Academy of Sciences (PNAS) the food dye, brilliant blue G - BBG (similar to that used in M & M's) has been shown to significantly reduce inflammation of the spinal cord and improve the long-term outcome significantly following traumatic injury.

The body's inflammation response often causes more damage than the initial trauma. Rats were injected with BBG with a control group injected with water, following spinal cord injury.

Those injected with BBG fared

significantly better than the control group with the best performing rats able to coordinate front and back movement of legs well enough to walk – none of the rats in the control group could do this. **A side effect however was that the rat's skin turned blue – but returned to normal within a week.**

It is believed that BBG blocks neural receptors in the spine for ATP (which is responsible for spinal cord inflammation) and is capable of crossing the Blood Brain Barrier (BBB) to get to the spinal cord. Reported by Hannah Devlin, The Times newspaper, 28<sup>th</sup> July 2009.

**Holos forges links with First Aid Works®**

First Aid Works ® is a first aid training organization formed by a colleague and former instructor of ours – Nigel Powell.

Nigel, who used to work as a Paramedic with Alex in the London Ambulance Service (LAS), started teaching for Alex & Judi (in fact Judi taught him on his Instructional Methods course – and didn't scare him off!!!).

He then left the LAS and, after a variety of jobs, started First Aid Works® in Birmingham.

With this pooling of resources we jointly have a much larger pool of instructors from which to draw on and have access to locations in Anerley SE London and Birmingham for our open courses, in addition to offering the full FAW and FAR as open courses. Due to the EFAW courses being HSE Approved, the class size is now 12 students per instructor. Due to this reduced class size, from 1<sup>st</sup> October our open 1-day rates will increase to £69+VAT per person (**our on-site rates (7–12 people) remains the same**). Places booked and paid for prior to 30<sup>th</sup> September will be charged at our current rate

**In addition, if there are any people who would like to hold an on-site course for a group of friends or colleagues but do not have access to a training venue, we may now be able to help.**

With access to the venues at Anerley and Birmingham (we would charge a nominal fee for their hire), you would:

- Be entitled to the on-site rate (substantially cheaper than the open per person rate) &;
- Ensure the course is targeted to your particular group.

Call the office on 0800 007 5248 or Judi direct on 07841 429762..

**HOLOS HEALTHCARE AND TRAINING LIMITED**

HSE Approved to undertake First Aid at Work courses  
INDIVIDUAL PLACES CAN BE BOOKED ON OUR OPEN

PRICE per person - 1 DAY AP/EFAW - £69 +VAT / 2 DAY FAR - £115 + VAT / 3 & 4 DAY FAW - £210 + VAT

OPEN DATES	1- DAY AP / EFAW COURSES				2 DAY FAR	4-DAY FAW
	LONDON		BRISTOL	BIRMINGHAM	LONDON	LONDON
	OXFORD ST	ANERLEY SE22			ANERLEY SE22	ANERLEY SE22
SEP 09	12 <sup>th</sup> , 23 <sup>rd</sup>	7 <sup>th</sup> *	-	9 <sup>th</sup> *	14 <sup>th</sup> & 15 <sup>th</sup> *	10.11, 17, 18*
OCT 09	14 <sup>th</sup>	1 <sup>st</sup> *, 16 <sup>th</sup> *	7 <sup>th</sup>	1 <sup>st</sup> *, 16 <sup>th</sup> *	-	5,6 & 12*
NOV 09	18 <sup>th</sup>	2 <sup>nd</sup> *, 23 <sup>rd</sup> *	TBA	2 <sup>nd</sup> *, 23 <sup>rd</sup> *	26 <sup>th</sup> & 27 <sup>th</sup> *	4, 5, 6*
DEC 09	16 <sup>th</sup>	14 <sup>th</sup> *	TBA	14 <sup>th</sup> *	10 <sup>th</sup> & 11 <sup>th</sup> *	2, 3, 4*

\* Course taught may use First Aid Works® literature. Instructors may be from either organization.

OTHER COURSE DATES & VENUES AVAILABLE – PLEASE CONTACT.

OR

GET 7 PEOPLE TOGETHER, WE COULD HOLD A 1-DAY APPOINTED PERSON / FIRST AID AT WORK OR SPECIALIST COURSE ON-SITE AT YOUR PREMISES, CHEAPER, AT OTHER, MUTUALLY CONVENIENT TIMES.

FOR FURTHER DETAILS / INDIVIDUAL OR GROUP BOOKINGS CONTACT

**0800 007 5248**

www.holoshealthcare.co.uk