

HOLOS

HEALTHCARE & TRAINING LTD

NEWSLETTER



0800 007 5248

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A FEW WORDS OF ADVICE

One question that is often asked by students on courses is that they are unsure as to how they would react in a real situation. As 2009 draws to a close, I thought I would therefore share a few thoughts on this topic.

The first thing is that now matter how you think you may react in an emergency (and we all at some time run through scenarios in our mind's eye) you never know for sure unless you actually are involved in responding to calls on a regular basis. The only way one can increase the odds is to practice and practice the basic procedures.

The next thing to remember is that no matter how skilled one is, there is always a few seconds of panic – at least until the true extent of the situation is ascertained.

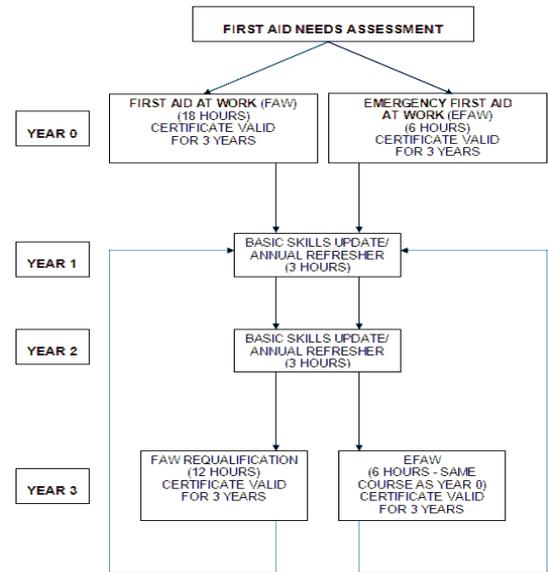
Don't worry, the main thing is the ability to hide that panic from the patient and others (in most cases there are usually other people present). Remember BBB – Bullshit Baffles Brains.

UPDATE ON FIRST AID PROVISION IN THE WORKPLACE

Following our August 2009 newsletter which contained an overview of the new guidelines that came into force from 1st October 2009, one question that has come up repeatedly from clients is “How many first aid trained personnel do I need?”

To reiterate, the basic legislation contained in the Health & Safety (First Aid) Regulations 1981 has remained unchanged. However the supporting guidance has changed as of 1st October 2009.

A brief flowchart (right) shows the HSE Approved First Aid courses available for use in the workplace. The flowchart below shows guidance from the HSE on the process (3 steps) of how to determine the numbers of first aid personnel required (information from the HSE's website, www.hse.gov.uk). Hope this all helps!!!!



| 1. FROM YOUR RISK ASSESSMENT WHAT IS THE DEGREE OF HAZARD ASSOCIATED WITH YOUR WORK ACTIVITIES? | 2. HOW MANY EMPLOYEES DO YOU HAVE? | 3. WHAT FIRST AID PERSONNEL DO YOU NEED? |
|---|---------------------------------------|--|
| LOW HAZARD eg offices, shops libraries | LESS THAN 25 | AT LEAST ONE APPOINTED PERSON |
| | 25 TO 50 | AT LEAST ONE FIRST AIDER TRAINED IN EMERGENCY FIRST AID AT WORK (EFAW) |
| | MORE THAN 50 | AT LEAST ONE FIRST AIDER TRAINED IN FIRST AID AT WORK (FAW) for every 100 employed (or part thereof) |
| HIGHER HAZARD eg light engineering, construction and assembly, food processing, warehousing, chemical manufacture extensive work with sharp instruments or machinery | LESS THAN 5 | AT LEAST ONE APPOINTED PERSON |
| | 5 TO 50 | AT LEAST ONE FIRST AIDER TRAINED IN EFAW OR FAW depending on the type of injuries that might occur |
| | MORE THAN 50 | AT LEAST ONE FIRST AIDER TRAINED IN FIRST AID AT WORK (FAW) for every 50 employed (or part thereof) |

In addition, an employer needs to assess

- The injuries and illnesses that have previously occurred in the workplace – since even if first aiders are shown to be unnecessary there is still the possibility of an accident or sudden illness so the provision of qualified first aid trained personnel still needs to be considered and;
- Factors that may affect first aid provision – these include inexperienced workers/ workers with disabilities/ employees who travel a lot or who work shifts or out of hours / premises spread out / employees working at sites occupied by other employers / members of public / absences or illnesses of first aiders or appointed persons.

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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 /?

In most first aid cases the patient is conscious (they are often in distress and / or screaming) therefore their Airway and Breathing are OK (at least at present).

Any obvious bleeding wound can be treated by direct pressure (and elevation if appropriate). Most other injuries / conditions can then be ascertained by asking the patient and dealt with appropriately. If necessary an ambulance is called.

All our course booklets/handouts have the group skill station checklists. In addition our case study number 03 on Resuscitation has a blank copy of the checklists.

Just find 2 other people and you can practice the unconscious breathing person scenario – try teaching family members or work colleagues, since the best way to revise is to teach others

Up to the breathing check, both the breathing and resuscitation scenarios have the same protocol – thereby by revising one protocol, you are revising the main part of the other by default.

Then all you have to remember is that, if the patient is not breathing to call 999 then undertake CPR until help arrives.

Alex Brazkiewicz SRPara

Which course do I need?

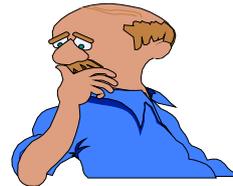
The previous flowchart clearly differentiates between the need for a 3-day and 1-day first aider. However there are some workplaces (i.e. the small business with few employees or the sole practitioner) where the difference between Emergency First Aider (EFAW) and Appointed Person (AP) is not quite so clear.

With Holos, both our AP and EFAW courses **have the same content**, since we have always believed that a student attending the minimum 4-hour AP course would not be able to retain much information for the 3-year duration of its certificate. The only substantial differences in our courses are that, since the EFAW is HSE Approved, there is one instructor to 12 students. Our Appointed Person course allows 1 instructor for 18 students.

All our open 1-day courses are EFAW since we will only accommodate 12 people. For our on-site courses the cost, up to 12 people, is identical so we would certificate for EFAW. However, between 13 – 18 it is more cost-effective to hold one of our AP courses (provided your risk assessment states this

is satisfactory) as the cost remains the same (i.e. £475+VAT) for 13 or 18 attendees (therefore the cost per person drops the more people attending).

With the EFAW however, over 12 attendees we would then need a second instructor and the class prices start again.



ON-SITE PRICE DEALS

We are mindful of the present economical climate, and as such our on-site prices will currently remain the same.

However, the price for the new 3-day FAW course includes 2 interim ½ day refresher courses (1 in each of the subsequent 2 years) as recommended by the HSE.

In addition, for open courses **booked and paid for before the end of January 2010**, we are able to offer the following incentives:

- **2 places on our 1-day EFAW courses for £90 + VAT** (normal cost £69 + VAT per person) – a saving of over 30%;
- **2 places on our 3-day FAW courses for £320 + VAT** (normal cost £210 + VAT per person) – a saving of over 20%;
- **2 places on our 2-day FAR courses for £180 + VAT** (normal cost £115 + VAT per person) – a saving of over 20%;

WORD-OF-MOUTH REFERRAL SCHEME

To keep our prices reasonable, our advertising costs are kept low and we therefore rely on the help of our students and “word-of-mouth” advertising.

From November as a thank you for “spreading the word” for every person you recommend and who books and pays for either a place on one of our open courses or an in-house course (and of course informs us of your recommendations) we will issue you a **£15 money off voucher** redeemable against any Holos first aid training course and valid for 3 years.

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 DAY FAW - £210 + VAT**

| OPEN DATES | 1- DAY AP / EFAW COURSES | | | | 2 DAY FAR | 4-DAY FAW |
|------------|--------------------------|------------------|------------------|------------------|-----------------------------------|-------------------------------------|
| | LONDON | | BRISTOL | BIRMINGHAM | | |
| | OXFORD ST | ANERLEY SE22 | | | ANERLEY SE22 | ANERLEY SE22 |
| DEC 09 | 16 th | - | 11 th | 1 st | - | - |
| JAN 10 | 6 th | - | 22 nd | 26 th | - | - |
| FEB 10 | 10 th | 26 th | 27 th | 23 rd | - | 16 th – 18 th |
| MAR 10 | 3 rd | 14 th | 26 th | 30 th | 8 th & 9 th | 29 th – 31 st |
| APR 10 | 14 th | TBA | 24 th | TBA | TBA | TBA |

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

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