

### **Our First Aid courses**

The Training Centre offers a range of first aid courses that are regulated by the Health and Safety Executive (HSE) in the UK and follow the guidelines of the European Resuscitation Council. Certificates from all of the courses below are valid for three years. The maximum ratio of instructors to students is 1:12 and all our courses are highly practical, giving lots of opportunity for hands-on practice relevant to the context in which you may use the training.

#### **Choosing a course:**

A course should be chosen based primarily on the reason why you wish to undertake the training. Regulated courses have specific syllabi and, due to time constraints, these cannot be veered from to any great extent, although our instructors will always make time to answer related questions.

If you wish to undertake first aid training but it is not a requirement of your work then it is worth considering asking us to create a custom course for you as it can be designed to meet your exact requirements.

If you are undertaking first aid training as a requirement of your work then you should check what requirements your employers and any relevant insurance or qualification bodies have. For example, most outdoor activity national governing body awards require a minimum of 16 hours of training, so a 1-day course would not be appropriate.

We are more than happy to advise on what course might be most appropriate for your needs, please contact us at [info@thetrainingcentre.pt](mailto:info@thetrainingcentre.pt) if you need further advice.

#### **Our Advanced Courses:**

We offer three different Advanced Courses which cater to those working in different environments.

The **16-Hr Outdoor First Aid Course** is a course that is designed for those who spend work or leisure time in remote places or undertake adventurous activities. It has a minimum of 16 hours of contact time and meets the requirements for outdoor instructors and guides with qualifications from bodies such as Mountain Training UK, British Cycling, and the British Canoe Union. It also meets the requirements of bodies such as the Forest School Association and the Duke of Edinburgh Award.

The **First Aid at Work** course is a detailed course that looks in depth at a number of possible injuries, illnesses and life-threatening accidents and meets the requirements of the

Health and Safety Executive for someone to act as a designated first aider in the workplace. It is suitable for those who want an in-depth understanding of how to respond to a wide range of first aid incidents in locations that have good access and communication with professional emergency help.

We can also offer a **First Aid at Work Requalification** course. This is a two-day course that is designed only for people who have completed a full First Aid at Work Qualification and who are secure in their knowledge on all elements of the syllabus. This requalification course should be undertaken within 1 month of the expiry of your First at Work Qualification (or earlier) and covers the same content but in less time as participants will already have the relevant background knowledge.

Course	Time (including Breaks) - Hrs	Content	Cost Per Person
Outdoor First Aid	18 ( 2 days)	<ul style="list-style-type: none"> <li>● Scene Assessment</li> <li>● Primary Survey</li> <li>● Secondary Survey</li> <li>● CPR</li> <li>● Choking</li> <li>● Medical Emergencies</li> <li>● Bleeding &amp; Shock</li> <li>● Environmental Conditions (Hypo/ Hyperthermia)</li> <li>● Skeletal Problems</li> <li>● Managing Casualties Outdoors</li> <li>● First Aid Equipment</li> </ul>	€180
First Aid at Work	21 (3 days)	<ul style="list-style-type: none"> <li>● Scene Assessment</li> <li>● Primary Survey</li> <li>● CPR</li> <li>● Unconscious Casualty</li> <li>● Choking</li> <li>● Bleeding &amp; Shock</li> <li>● Respiratory problems</li> <li>● Circulatory problems</li> <li>● Skeletal problems</li> <li>● First Aid Kits and Reports</li> </ul>	€215

First Aid at Work Requalification	14 (2 days)	<ul style="list-style-type: none"> <li>● Scene Assessment</li> <li>● Primary Survey</li> <li>● CPR</li> <li>● Unconscious Casualty</li> <li>● Choking</li> <li>● Bleeding &amp; Shock</li> <li>● Respiratory problems</li> <li>● Circulatory problems</li> <li>● Skeletal problems</li> <li>● First Aid Kits and Reports</li> </ul>	€175
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Please feel free to contact us at [info@thetrainingcentre.pt](mailto:info@thetrainingcentre.pt) to discuss which of these courses best meets your requirements or for any further information.