



**SAVE A LIFE
BOOK TODAY**

FIRST AID TRAINING COURSE – TUESDAY 12th MARCH 9am – 6pm

Hurworth Parish Council are pleased to announce that they are running a First Aid Course on March 12th. The one day course will be run by Outdoor-Ambition Ltd who have more than 6 years experience in delivering a wide range of first aid training and assessment courses. This ranges from remote medical courses for work in the jungles of Borneo to HSE courses for the use in schools, workplace or the home. They have also organised and conducted courses to meet very specific leisure and industrial need, combining experience in the extreme environment to ensure the course is appropriate and effective in the chosen field. Keeping clients safe and arming them with the right tools to ensure they return home is a rewarding role.

The course programme will be unique as they are heavily scenario orientated thus allowing all participants to gain a strong understanding of the processes and procedures required to accurately deliver effective first aid. All courses are relaxed and the coaching is at a tempo that people can understand and tailored to the needs of the individuals, they are not an off the shelf product. Outdoor Ambition will create a relaxed environment in which to learn the skills and we will also ensure your 'fears' and anxieties are banished through simple but effective discussion - they also operate with a favourable instructor client ratio which is a huge benefit to the impact of the learning.

The skills are simple and effective, and are tool set that you have for life. It is better to know and not need the knowledge then to find yourself lacking when in a real life situation. First aid skills are there to be understood and not feared.

All first aid courses are delivered by the Director Lloyd Murray who has developed his knowledge through personal and professional experience within the military and adventure expedition world. We are sure you will find this course personal and informative.

EMERGENCY FIRST AID COURSE CONTENT

- Course introduction & Administration
- The aims & responsibilities of the First-Aider
- Priorities of treatment
- Primary Assessment
- Adult Resuscitation
- Airway Obstruction
- Blood Borne Viruses
- Wounds and Bleeding
- Bones, Joint & Muscle Injuries
- Burns & Shock

This is a 6-8 hour programme covering the minimum requirements for the HSE EFAW approved training course (this course supersedes the Appointed Person in the Workplace course). Each participant will be given a manual and certification with an accredited HSE Centre number. This course is valid for 3 years.

Hurworth Parish Council are offering 12 spaces at a subsidised rate of £25 per person including buffet lunch & refreshments (payable on booking and based on a first come first serve basis and all participants must be a resident of the neighborhood to qualify). Normal price for this course would be around £80 so why not take advantage, who knows when you may need these skills.....

Venue :- Hadwin Lounge at The Grange, Hurworth.

To Book a place contact our Parish Clerk, Mr Peter Allan either at the office 01325 722171 or home 01325 721996, or my E MAIL peter.allan45@btinternet.com.

