



First Aid

Compliance & emergency
aid training programmes

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What if...

...you don't keep up with the complex and changeable risk compliance legislation or you need to upgrade your Health and Safety training? Make the wrong choice and you could find yourself on the wrong side of the law.

All the help you need with safety risk management and training, from a single "expert" source.

Arco has been at the forefront of the UK safety business for over a century and has earned the respect and confidence of many people for its knowledge and expertise. Working in partnership with some of today's leading Health and Safety training organisations, Arco now offers an unrivalled range of safety risk management and training services.

Call the Arco SRMS Team on

0870 129 8525

Email

srms@arco.co.uk

or visit

www.arco.co.uk/srms

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What is First Aid at Work?

It is a reality of the workplace that injuries and illness occur. Whatever the cause of the injury or illness, it is of paramount importance that people receive immediate attention and that correct procedures are followed. First Aid at Work covers the arrangements you must make to ensure that this happens. It can save lives and prevent minor injuries becoming major ones.

What the law says

The Health and Safety (First Aid) Regulations 1981 require employers to provide adequate and appropriate equipment, facilities and personnel to enable first aid to be given to employees if they are injured or become ill at work. These regulations apply to all workplaces including those with five or fewer employees and to the self-employed. Detailed information can be found in the Approved Code of Practice and Guidance.*

Arco, along with our partner Wallace Cameron, offers a range of First Aid training solutions that are designed to help if an injury does unfortunately happen and meets the requirements laid down by the HSE. If you are not sure about what your company or organisation needs to do to ensure that you are complying with the law, simply call the Arco SRMS team, who will advise you on your choice of first aid equipment and first aider training.

It is now recognised that the life of some heart attack victims can be saved if a defibrillator is used quickly and correctly. Arco offers training in this vital area of first aid.

Courses Available

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How many first aiders or appointed persons do I need?

No matter what size of organisation you run, you need to have appointed persons or trained first aiders on site at all times.

It is not possible to give hard and fast rules on how many first aiders or appointed persons might be needed. This will depend on the circumstances of each particular organisation or worksite.

Where there are special circumstances, such as a remote location, shiftwork, or sites with several separate buildings, increased provision is essential.

First aid personnel should be available at all times whilst people are at work.

As a guide to best practice you can follow our easy to understand chart.

Suggested numbers of first aid personnel	Category of risk	Number of employees at any location	Suggested number of first aid personnel
	Lower risk shops and office, libraries	Fewer than 50 50 - 100 More than 100	At least one appointed person At least one first aider One additional first aider for every 100 employees
	Medium risk light engineering and assembly work, food processing, warehousing	Fewer than 20 20 - 100 More than 100	At least one appointed person At least one first aider for every 50 employees One additional first aider for every 100 employees
	Higher risk most construction, slaughterhouses, chemical manufacturers, extensive work with dangerous machinery or sharp instruments	Fewer than 5 5 - 50 More than 50	At least one appointed person At least one first aider One additional first aider for every 50 employees

What is an appointed person? (Emergency Aid)

An appointed person is someone whose primary responsibilities are:

- Taking charge when someone is injured or falls ill.
- Looking after the first aid equipment, e.g. restocking the first aid box.

Appointed persons should not attempt to give first aid for which they have not been trained, though short emergency first aid courses are available. As there needs to be an appointed person on site at all hours during the working day, it is advisable to have more than one.

What is a first aider?

A first aider is someone who has undergone a training course in administering first aid at work and holds a current first aid at work certificate. You may decide, following your first aid assessment, that you need one or more first aiders. A first aider can undertake the duties of an appointed person.

First Aid at Work	First Aid Requalification	Appointed Person Emergency Aid
<p>Syllabus</p> <ul style="list-style-type: none"> • Care of the unconscious casualty • Method of resuscitation • Wound & bleeding • Bandaging/slings • Accident reporting • All other work related accidents/illnesses • Scenarios • Asphyxia • Head and chest injuries • Fractures • Poisons • Burns and scalds • Epilepsy • Diabetes • Heart conditions • Contents of a first aid box 	<p>Syllabus</p> <ul style="list-style-type: none"> • Care of the unconscious casualty • Method of resuscitation • Wound & bleeding • Bandaging/slings • Accident reporting • All other work related accidents/illnesses • Scenarios • Asphyxia • Head and chest injuries • Fractures • Poisons • Burns and scalds • Epilepsy • Diabetes • Heart conditions • Contents of a first aid box 	<p>Syllabus</p> <ul style="list-style-type: none"> • Care of the unconscious casualty • Method of resuscitation • Wound & bleeding • Bandaging • What to do in an emergency • Accident reporting • Other work related accidents/illnesses • Scenarios
<p>Duration: 4 days</p>	<p>Duration: 2 days</p>	<p>Duration: 1 day</p>
<p>Students will receive:</p> <ul style="list-style-type: none"> • Wallace Cameron Manual • Wallace Cameron certificate valid for 3 years • Badge 	<p>Students will receive:</p> <ul style="list-style-type: none"> • Wallace Cameron Manual • Wallace Cameron attendance certificate valid for 3 years • Badge 	<p>Students will receive:</p> <ul style="list-style-type: none"> • Wallace Cameron attendance certificate valid for 3 years
<p>Also available as an on-site course. Maximum 8 delegates.</p>	<p>Also available as an on-site course.</p>	<p>Also available as an on-site course.</p>

Defibrillation Training

Syllabus

- Basic anatomy & physiology of the respiratory system
- Basic anatomy & physiology of the circulatory system
- Basic life support
- The chain of survival and benefits of early defibrillation
- Resuscitation council guidelines on the use of AEDs
- Introduction to an AED and general safety guidelines
- Practice session
- Demonstrate how to use a defibrillator safely, promptly and effectively

Duration: 4 Hours

Students will receive:

- Professional Instruction
- Course materials
- Certificate valid for 1 year

Expert partnerships

Arco has chosen Wallace Cameron as their first aid training partner because of their unparalleled experience and expertise. Through the quality of products and services Wallace Cameron have provided over the past 50 years they have achieved the accolade of holding the Royal Warrant and they continue to develop their company through innovation and ongoing ISO 9001: 2000 quality accredited work.



Price List

Product Code	Course Name	Number of Delegates	On site	Off site	Duration	Price
2931600	First Aider at Work	1		•	4 Day	£199.00
2931700	First Aid Requalification	1		•	2 Days	£129.00
2931500	Appointed Person Emergency Aid	1		•	1 Day	£79.00
2931900	First Aider at Work On-site	8	•		4 Days	£1500.00
2932000	First Aid Requalification On-site	8	•		2 Days	£750.00
2931800	Appointed Person Emergency Aid - On-site	8	•		1 Day	£500.00
-	Defibrillation Training	8	•		4 Hours	£360.00



For further information...

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Exposure to Hazards
Protecting you and your staff from exposure to hazardous substances



Good Health & Safety Practice Starts in the Boardroom
Occupational health, safety and wellbeing programmes developed for the directors and management of larger enterprises



Personal Protective Equipment Compliance
Comprehensive range of training and maintenance programmes for PPE



Professional Health, Safety and Environmental Qualifications



Workplace Fire Safety
Fire risk consultancy
Fire safety training
Fire extinguisher advice & maintenance



Working at Height
Training and maintenance programmes to keep people safe who work at height



Health and Safety Risk Management Protection for Small and Medium Sized Business
Affordable 24/7 support for a fixed monthly fee

