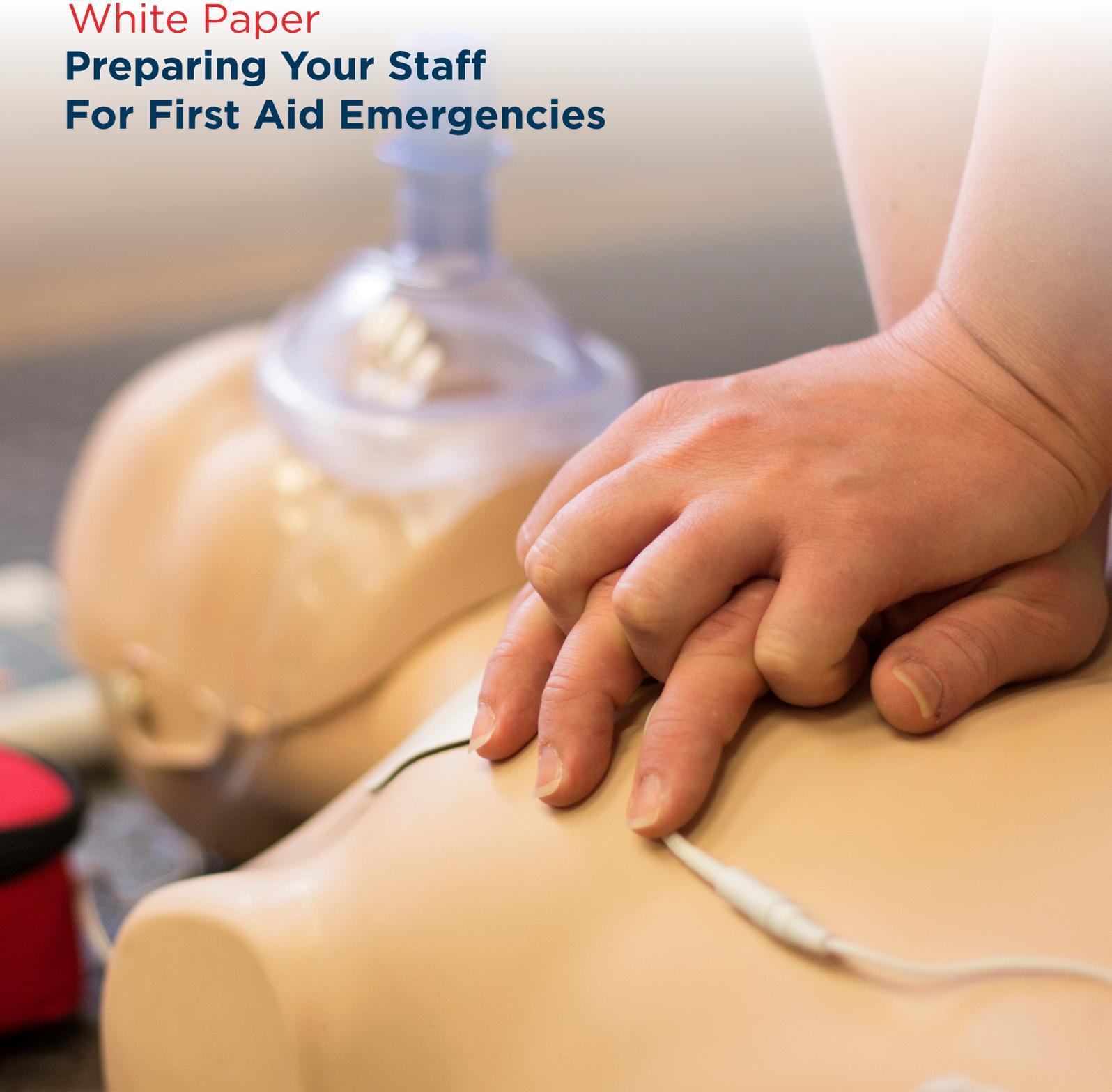




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White Paper
Preparing Your Staff
For First Aid Emergencies



Preparing your staff for first aid emergencies

Far too many injuries occur in the workplace each year, from minor injuries to life threatening conditions. Each year around 27 million working days are lost and there were 144 fatalities in 2015/16 (provisional figures. HSE).

A significant number of these injuries are made worse by a lack of first aid training in the workplace. Many businesses have one or two members of staff who are dedicated first aiders, but response time plays a huge part in minimising damage and saving lives, and the closest person to the incident needs to be taking action immediately, not running off to fetch someone else. It's important to assess the risk in your workplace and ensure you have a first aid provision appropriate to your business's needs.

Developing confidence & clarity

Knowing what to do is only part of the equation. When faced with an emergency a huge number of people freeze, make mistakes or panic. It's only through training, practice and simulations that you can ensure people have the knowledge and experience to feel confident to deal with emergencies, and overcome the body's natural response to the situation.

This reprogramming of the fight or flight response requires regular training, even if the knowledge is still there, it's important that first aiders have gone through the situations, refamiliarised themselves with the procedures and reinforced the reflex to respond correctly.

Defibrillator

Automated External Defibrillators (AEDs) are an increasingly common feature in many workplaces, to the point where AED training is becoming a compulsory feature of first aid at work training courses, but there's still a huge knowledge gap preventing most employees from feeling confident using the device should they ever need to.

Again, your business's level of risk should dictate the level of training to provide your staff on this device. 29,000 people died of heart attacks last year and many of them could have survived, had a defibrillator and trained user been nearby.



Factors impacting your risk

The Health & Safety Executive's guidance on First Aid at Work highlights a number of factors that should influence your health & safety provision including:

- nature of the work
- nature of the workforce
- history of accidents
- size of the organisation
- work patterns
- distribution of workforce
- remoteness of the site from emergency medical services
- first-aid provision for non-employees

Whichever of these factors your business encounters, it is likely that first aid training will form part of your risk management strategy.

Why choose C&G?

We have been delivering first aid training to clients across a range of sectors, from offices to industrial businesses. By taking the time to understand your requirements we ensure our training comprehensively meets your need and equips candidates to deal with emergency situations effectively.

C&G deliver the majority of their training on client sites to ensure candidates are familiar with operating safely in their own environment. We also offer consultative services covering risk management, to ensure your workplace follows appropriate working practices.

C&G are always customer focused and deliver a consistently high quality service that brings real benefits to organisations and individual candidates, whilst representing value for money.

We can only achieve this by getting to know our clients. We must understand their business, their industry, their operations, their environment, their culture and, most importantly, the risks they face on a daily basis.

Our First Aid courses include:

- First Aid for Adults at Work (3 days)
- Emergency First Aid for Adults at Work (1 day)
- Basic First Aid Skills (1/2 day)
- Automated External Defibrillation (AED)
- Risk Assessment Training





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