



Crois Dhearg na hÉireann
Irish Red Cross

First Aid

by First Aid Group

TRAINING AND SERVICES TO BUSINESS

Provided by the Irish Red Cross



MAKE YOUR CORPORATE SOCIAL RESPONSIBILITY OUR RESPONSIBILITY

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WHY YOU NEED FIRST AID TRAINING IN THE WORKPLACE

Falls were the trigger for one in four of non-fatal injuries reported to the Health and Safety Authority (HSA) in 2016 while falls accounted for 37.7% of fatalities at the workplace in the same year.

Injury to employees is a regular occurrence in the workplace. There were **8,381** non-fatal accidents reported to the HSA in 2016.

Rates of injury were, for plant and machine operatives for example, 29.1 per 1,000 workers in 2015. For managers and administrators the injury rate was 21.1 per 1,000 workers in the same year.

Size of organisation has an impact. One third of non-fatal injuries reported to the HSA in 2016 were in organisations that had between 50-249 employees. One fifth were in employing organisations that had between 10-49 employees.

The trigger for a staggering **one third** of non-fatal injuries in 2016 was **manual handling**.

Absence – 16,905 people in Ireland had more than four days of absence in 2015 due to injury.

Injuries to the back (including spine and vertebrae in the back) meant it was the most injured body part in 2016, accounting for over one in five injuries.

Days lost - the estimated number of days lost across the economy as a whole in 2015 due to work-related injury was **810,899** - up from 750,011 in 2014.

Most injured body parts, workers, 2016

These statistics are taken from the Health and Safety Authority Summary of Workplace Injury, Illness and Fatality Statistics 2015-2016

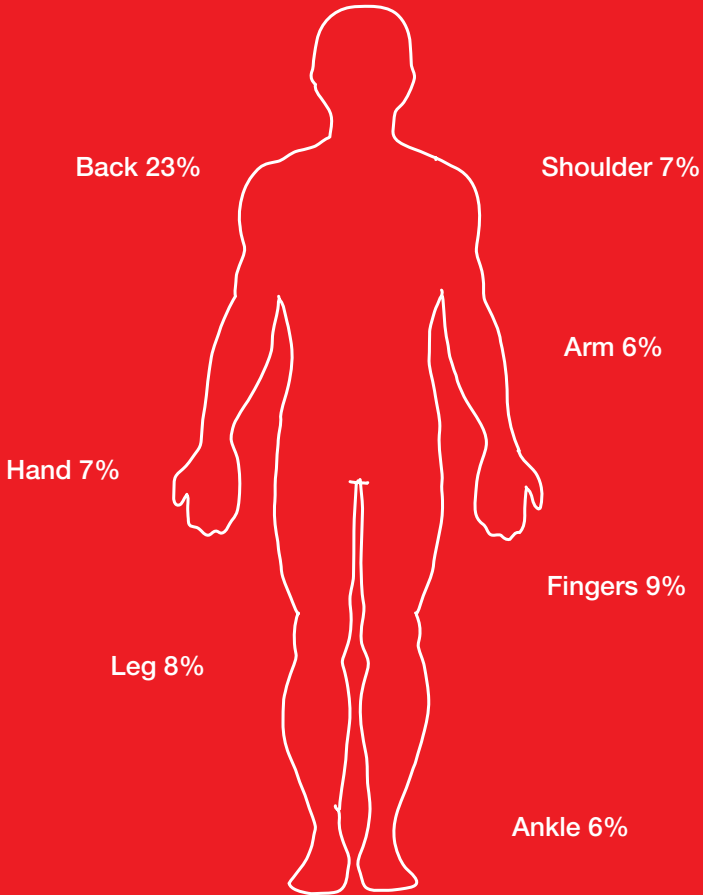


Figure 2.23b: Most injured body parts, workers, 2016 (HSA)

FIVE REASONS WHY YOU SHOULD DO A FIRST AID COURSE - AND WHY YOU SHOULD DO IT WITH THE IRISH RED CROSS

1

In serious accidents, chances of survival are significantly improved by the provision of First Aid while awaiting the arrival of emergency services. Research shows that following a sudden cardiac arrest for example, without CPR or defibrillation, a person's chances of survival will decrease by 7-10% every minute.

More widespread First Aid training reduces the need for emergency services (ambulance) callouts which in turn improves the response time for more serious accidents.

2

3

100% of the profits of all our courses are used by the Irish Red Cross for our charitable activities. This means doing a course with the Irish Red Cross is an easy and convenient way of meeting your Corporate Social Responsibility requirements.

The Irish Red Cross as an organisation is a hub of emergency expertise – we train more than 10,000 people a year in first aid and cardiac first response skills while 24 hours a day, 365 days a year, Irish Red Cross volunteers are available to respond to emergencies around the country, where our ambulance fleet can play a role where requested by the HSE.

4

5

The Irish Red Cross has a pool of over 200 fully qualified instructors nationwide and has training centres throughout the country. This means we are the only training provider that can conduct training in multiple locations for both public and in-house (at the customer's venue) courses.

INTRODUCTION

At the Irish Red Cross we teach professionals, parents, children and many others how to deal with, and be prepared for emergencies that happen every day at work and in the house. Our range of courses for the workplace are designed to help you with health and safety regulations while, for example, our Paediatric First Aid course is the qualification Montessori and childcare workers must have to meet the professional criteria for working in that area.

All of our courses can be scheduled on site at your own premises.

Alternatively, you can take a public course that is already scheduled. Visit our calendar on our website www.redcross.ie for dates of public courses.

We run a wide range of courses and a custom-made course may be available for you on request, just call our team on 1890 502 502.

COURSE INFORMATION

FIRST AID RESPONSE

DURATION:

Three full days



9.30am - 4.30pm

CERTIFICATION:

Dual certified by Pre Hospital Emergency Care Council (PHECC) and the Irish Red Cross, valid for two years

RATIO:

One instructor to every six students

AGE LIMIT:

You must be over 16 to do this course

SUMMARISE THIS COURSE FOR ME IN ONE SENTENCE:

This is the only course recognised by the Health and Safety Authority to cover you in the event of a workplace accident.

ABOUT:

This is a foundation First Aid course which trains participants to provide First Aid for a person who becomes suddenly unwell or injured, until the arrival of emergency medical services. The Cardiac First Responder programme (which is a course that can be taken in its own right) is taught as part of this course.

The Irish Red Cross recommends that for every 20 employees, three are trained as First Aid Responders. It is worthwhile training a group of staff members in this area to ensure there is cover when employees are on leave.

MODULES COVERED:

1. Patient Assessment
2. Incident Procedure
3. Cardiac First Response
Community
4. Common Medical
Emergencies
5. Injury Management and
Shock
6. Care of the Unconscious
Patient
7. Burns and Electrical Injury Care
8. Hypothermia and Hyperthermia
9. Information Management
10. Communications and the
Wellbeing of the First Aider.

FIRST AID RESPONSE REFRESHER

DURATION:

Two full days

🕒 9.30 – 4.30pm

CERTIFICATION:

Pre Hospital Emergency Care Council (PHECC), valid for two years

RATIO:

One instructor to every six students

AGE LIMIT:

You must be over 16 to do this course

SUMMARISE THIS COURSE FOR ME IN ONE SENTENCE:

This course services as a refresher for the First Aid Response course (and for the former version of the First Aid Response course – the Occupational First Aid course).

ABOUT:

You are only eligible for this course if you have already completed the First Aid Response/Occupational First Aid course.

The Irish Red Cross recommends that for every twenty employees in an organisation, three have this qualification. It is worthwhile training a group of staff members in this area to ensure there is adequate cover when employees are on leave. This is the only refresher course recognised by the Health & Safety Authority to cover you in the event of a workplace accident.

MODULES COVERED:

1. Patient Assessment
2. Incident Procedure
3. Cardiac First Response
Community
4. Common Medical
Emergencies
5. Injury Management
& Shock
6. Care of the Unconscious
Patient
7. Burns & Electrical Injury Care
8. Hypothermia & Hyperthermia
9. Information Management
10. Communications & the
Wellbeing of the First Aider

EMERGENCY FIRST AID

DURATION:

One full day



9.30am - 5.30pm

CERTIFICATION:

Irish Red Cross Certificate, valid for 3 years

RATIO:

One instructor to every 16 students

AGE LIMIT:

You must be aged 12 or over to do this course

SUMMARISE THIS COURSE FOR ME IN ONE SENTENCE:

Those who complete this course will come away with an understanding of key First Aid situations and their treatment.

ABOUT:

This course will enable participants to act as a back-up to First Aid Responders and/or respond to an emergency prior to the arrival of more qualified personnel.

The role of the person with this qualification - the Emergency First Aider - is to help calm the patient and gather equipment such as a defibrillator, while the First Aid Responder is treating the issue. It is recommended by the Irish Red Cross that employers have at least one person with this qualification on the premises to help the First Aid Responder.

If you are already trained as a First Aid Responder and you would like to refresh your skills but your two years isn't up, this is a good course to do to renew your skills.

MODULES COVERED:

1. Intro to First Aid
2. Casualty Assessment
3. Heart Disease
4. CPR and Choking on Adults
5. Wounds and Bleeding
6. Altered Levels of Consciousness
7. Musculoskeletal Injuries
8. Burns
9. Poison

CARDIAC FIRST RESPONSE COMMUNITY

DURATION:

Half day



9.30am - 2.00pm (approximately)

CERTIFICATION:

Dual certified by Pre Hospital Emergency Care Council (PHECC) and the Irish Red Cross, valid for two years

RATIO:

One instructor to every six students

AGE LIMIT:

You must be over 16 to do this course.

SUMMARISE THIS COURSE FOR ME IN ONE SENTENCE:

If you're involved in a community organisation you should ensure someone in the group has this qualification; sports clubs often avail of this course.

ABOUT:

By taking action in the event of a cardiac arrest you may be able to save a life. Access to a defibrillator and knowledge of how to use it correctly can mean the difference between life and death to a co-worker, family member, friend or even a stranger on the street. A defibrillator should be available as soon as possible after a Cardiac Arrest - ideally within ten minutes because with every minute of delay in defibrillation or CPR, survival rates decrease by 7-10%. If you are involved in an organisation which has a defibrillator on the premises and you want to ensure there is a sufficient number of people who know how to use it – and who know how to perform CPR - then this is the course for you, and your club.

MODULES COVERED:

1. CPR
2. AED (defibrillator) Operation
3. Choking Procedure
4. Heart Disease/Stroke Recognition
5. Foreign Body Airway Obstruction

FAMILY/PAEDIATRIC FIRST AID

DURATION:

One day



9.30am - 1.00pm (approximately)

CERTIFICATION:

Irish Red Cross Certificate of Attendance, valid for three years

RATIO:

One instructor to every 10 students

AGE LIMIT:

You must be over 12 to do this course

SUMMARISE THIS COURSE FOR ME IN ONE SENTENCE:

If you're around small children regularly and you're often in fear of an accident, this is the course for you.

ABOUT:

This course covers first aid for children. Learn how to assess a child or infant for injuries, how to apply CPR and treat choking, and how to treat bleeding, burns and medical conditions specific to children.

If you have a particular concern, the instructor will focus on that during the training. It is also a very useful qualification for babysitters, aunts, uncles, grandparents and older siblings. Young mothers' groups often book in for this course.

Furthermore, this is the qualification Montessori and childcare workers must have to meet the professional criteria for working in this area. If you are completing this course for the purpose of working in the childcare sector, you must also complete the manual handling course.

MODULES COVERED:

1. Intro to Paediatric First Aid
2. CPR and Choking on Children and Infants
3. Wounds and Bleeding
4. Altered Levels of Consciousness
5. Musculoskeletal Injuries
6. Burns
7. Poisons
8. Medical Conditions Specific to Children

MANUAL HANDLING

DURATION:

Four hours in total 🕒 Of the person's choosing

CERTIFICATION:

Irish Red Cross Certificate, valid for three years

RATIO:

One instructor to every 10 students – there must be a minimum of eight students

AGE LIMIT:

You must be over 12 to do this course.

SUMMARISE THIS COURSE FOR ME IN ONE SENTENCE:

This course will help you prevent injuries – to both yourself and co-workers.

ABOUT:

Did you know the majority of back injuries are accumulative injuries? They build up over time. This is why it is so important to start living a healthier life for your back - at home and in the workplace, and both are covered in this course.

Even if you work in a desk job, there are often times when, for example, heavy boxes have to be moved. Learn how to evenly distribute the weight of heavy items and the correct location for your hands when lifting. Manual handling is not just about learning how to lift properly however, it's about learning how to push and pull properly too, while posture is also covered in this course.

Manual handling also covers ergonomics and the safe lifting and handling of animate objects (such as casualties and persons with limited mobility etc)

MODULES COVERED:

1. Legislation Requirements
2. Managing Manual Handling
3. Anatomy and Back Care
4. Lifting Safely
5. Ergonomic Principles & Risk Assessment
6. Mechanical Equipment
7. Skills Demonstration and Assessments

PRACTICAL FIRST AID

DURATION:

Two days



9.30am - 5.30pm

CERTIFICATION:

Irish Red Cross Certificate, valid for three years

RATIO:

One instructor to every 10 students

AGE LIMIT:

You must be over 12 to do this course

SUMMARISE THIS COURSE FOR ME IN ONE SENTENCE:

This course will give users a basic knowledge of First Aid and is most typically run in colleges.

ABOUT:

Who better to equip with First Aid knowledge than the next generation? Training young students in First Aid not only makes them an asset in their college (where everyday activities such as sport, drama and stage activities make it a minefield for potential accidents) but also out in their community, and in any community they become a part of going forward.

This course is designed to allow participants to act as a back up to First Aid Responders and/or respond to an emergency prior to the arrival of more qualified personnel. This is a European-wide recognised qualification meaning it puts Irish students on the same footing as their European peers when it comes to first aid expertise.

MODULES COVERED:

1. First Aid Intro
2. Casualty Assessment
3. Heart Disease
4. CPR and Choking
5. Wounds and Bleeding
6. Altered Levels of Consciousness
7. Musculoskeletal injuries
8. Burns
9. Poisons

FIRE MARSHALL

DURATION:

One day



9.30am - 5.00pm

CERTIFICATION:

Irish Red Cross three-year Certificate

RATIO:

One instructor per group of 1-10 people - there must be a minimum of one and maximum of 10 delegates in the group

AGE LIMIT:

You must be over 16 years of age to do this course

SUMMARISE THIS COURSE FOR ME IN ONE SENTENCE:

Fire proof your office; this course covers the basic principles of fires, fire safety, fire prevention and fire control.

ABOUT:

Fire drills may be time-consuming in the workplace but they are a very important part of health and safety compliance. Bring some professional expertise to fire safety procedures in your office by teaching those tasked with the responsibility (usually fire wardens and marshalls) the necessary skills. Learn how to arrange fire drills and how to implement an evacuation procedure. Learn about what does and does not constitute a fire hazard, how a fire spreads and how to judge and manage these risks.

MODULES COVERED:

1. Legislation
2. Fire Awareness
3. Extinguishing Media
4. Fire Safety
5. Fire Safety Issues
6. Fire Marshalls and Wardens
7. Calling the Fire Service
8. Evacuation and Fire Plan.

FIRST AID TALK

DURATION:

Between 2-3 hours depending on what the customer requires

RATIO:

Suitable for a group of up to 50 people.

SUMMARISE THIS COURSE FOR ME IN ONE SENTENCE:

A quick overview of First Aid basics

ABOUT:

The First Aid Talk covers the very basics of First Aid, such as how to treat a burn or a cut, or how to put on a sling. Pharmacies often host this course for their customers. Topics covered in a talk can vary from general first aid to sports injuries or they can be aimed at new and expecting parents. The talks can be seasonal – for example they can focus on burns at Halloween and choking at Christmas.

THERAPEUTIC HAND CARE

DURATION:

One day course  9.00am - 6.00pm

CERTIFICATION:

Irish Red Cross Certificate, valid for three years

RATIO:

One instructor to every 12 students – you must have a minimum of eight students per group

AGE LIMIT:

You must be over 16 to do this course

SUMMARISE THIS COURSE FOR ME IN ONE SENTENCE:

Learn how to give therapeutic relief to hands

ABOUT:

Those with this qualification give relief and comfort to care recipients of all ages and to the elderly - who they often visit in nursing homes. They chat to the client while treating their hands and give them tips on how to manage any physical hand ailments.

MODULES COVERED:

1. Hand and nail hygiene
2. Hand & arm massage
3. Nail care

Call our team to help you with your requirements on:

1890 502 502

or visit our website

WWW.REDCROSS.IE

Humanity

Impartiality

Neutrality

Independence

Voluntary Service

Unity

Universality