



COMMUNITY FIRST AID COURSES

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Help save lives.

stjohnambulancejersey.com
01534 735611





COMMUNITY FIRST AID COURSES

We are passionate about first aid and believe no one should suffer from the lack of trained first aiders.

These low cost courses are for the general public to give them the skills and confidence to be able to deliver basic first aid.

Why train with us?

St John Ambulance Jersey has been teaching and delivering life saving first aid training for decades. Our experience and understanding mean our practical and interactive courses give the public essential skills and confidence to perform first aid and save lives.

Supporting St John in Jersey

We are a 'not for profit' organisation. Any income we receive from our training courses we provide goes straight back into supporting the charitable activities of St John Ambulance Jersey.

We aim to teach at least 7% of the population some first aid knowledge each year to build up resilience across the island and fulfil our mission that no one should suffer from the lack of trained first aiders.

To book one of our courses, please visit **stjohnambulancejersey.com**
email **countyhq@sja.org.je**
or phone **01534 735611**



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Courses

EFA – ESSENTIAL FIRST AID (ADULTS)

Course description

This course is for members of the public who want to learn how to deal with accidents, injuries and medical conditions involving an adult. It's a very practical course that encourages you to have a go at treating people who are experiencing life-threatening situations. You will need a basic command of English to attend this course.

Course content

- Primary survey
- Unresponsive adults
- Choking adults
- Severe bleeding
- Shock
- Adult resuscitation (CPR)
- AED (demonstration only)
- Head injuries
- Seizures
- Chest pains

Course duration

3 hours

Assessment

Continuous observation by the trainer. Attendees are encouraged to play an active role throughout the course.



Certification

Attendees get a certificate of attendance, valid for three years.

Our community courses are for the general public and will not meet Health and Safety Executive requirements to become a qualified workplace first aider.

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Courses

BCEFA – BABY & CHILD ESSENTIAL FIRST AID

Course description

This course is for members of the public who want to learn how to deal with accidents, injuries and medical conditions involving new born infants and children. It's a very practical course that encourages you to discuss your fears and have a go at treating some common and sometimes life-threatening situations.

If you have a child under the age of one, they are more than welcome to attend the course with you. Please be advised there may not be any official baby changing areas.

You will need a basic command of English to attend this course.

Course content

- Primary survey
- Unresponsive children and infants
- Choking children and infants
- Minor bleeding
- Child and infant resuscitation (CPR)
- AED demonstration (child only)
- Burns
- Bites, stings and allergies
- Fever and febrile convulsions



Course duration

3 hours

Assessment

Continuous observation by the trainer. Attendees are encouraged to play an active role throughout the course.

Certification

Attendees get a certificate of attendance, valid for three years.

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Courses

BSFA – BASIC SPORTS FIRST AID

Course description

The sports first aid training gives all the necessary first aid skills to deal with a wide range of sporting incidents. This course is for anyone involved in sporting activities - this could be referees, coaches or players.

You will need a basic command of English to attend this course.



Course content

- Role of the sports first aider
- Primary Survey
- Communication and casualty care
- Managing a casualty outdoors
- Unresponsive adult and child
- Resuscitation adult and child
- Shock
- Chest pains
- Bone, muscle and joint injuries
- Head injuries
- Heat and cold extremes
- Minor and severe bleeding

Course duration

6 hours

Assessment

Continuous observation by the trainer. Attendees are encouraged to play an active role throughout the course.

Certification

Attendees get a certificate of attendance, valid for three years.

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Courses

CARE SUPPORT PROGRAMME (ADULTS)

Course description

Our trainers within the four sessions of the programme will provide you with knowledge and skills in an informal atmosphere to assist you with your caring role. Most importantly the attendees will meet people in a similar situation and be able to share experiences in a safe environment.

Programme content to include

- Role of the carer
- Reducing the risk of infection
- Pressure damage
- Safe handling
- Looking after yourself as a carer
- Safety in the home
- First aid
- Assistance available from other local organisations.
- Information on social services, benefits and dementia care



Programme duration

Four sessions which can be attended throughout the year.

This is a free community course kindly funded by donations and is aimed at those carers who do not receive remuneration. This is not a workplace course for carers working in the care industry.

Carers are invited to join a Carers Support Group that meet monthly for ongoing support.

For further information:
visit **stjohnambulancejersey.com**
email **countyhq@sja.org.je**
phone **01534 735611**

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Courses

FIRST AID COURSE FOR CARERS

Course description

We also offer a first aid course in which you will receive a certificate of attendance.

This course is for the unpaid carer wanting to gain further first aid knowledge, having completed the care support programme or volunteers who support service users within charitable organisations. We can be flexible to the needs of the volunteers to suit the service/charity.



Course content can include

- Communication and casualty care
- Care of the unresponsive casualty
- Recovery position
- Chest pain
- CPR
- Stroke
- Choking
- Burns
- Bleeding
- Shock
- Seizures
- Sprains and fractures
- Head injuries
- Heat and cold extremities

Course duration

5 hours or less if reduced content

Certification

Our community services are for unpaid carers and will not meet Health & Safety Executive requirements to become a qualified workplace first aider.

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