



WORKPLACE FIRST AID COURSES



Sign up now.

Help save lives.

stjohnambulancejersey.com
01534 735611



WORKPLACE FIRST AID COURSES

We are passionate about workplace safety, and about helping concerned organisations to stay compliant with ever-changing legislation.

Your staff will learn from high-calibre trainers, many with front-line experience.

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 teach your employees essential skills and provide your team with the confidence to perform first aid and save lives.

Free Associate Member Insurance

We automatically provide all students who successfully pass one of our first aid courses with 'Good Samaritan' insurance cover for the duration of the validity of their training. This insurance covers students against claims arising from first aid they may have delivered outside of their workplace, club or association.

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.

Therefore the benefits of choosing to train with us go way beyond your own organisation.

You are also supporting a long established local charity, enabling our unpaid volunteer members to be trained, keeping our ambulances on the road so that we can go on duty at events across the Island and enhance Island resilience to deal with medical incidents such as Covid-19. You are also assisting us to operate our youth groups, training the next generation of islanders in first aid.

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



Sign up now.

Help save lives.

stjohnambulancejersey.com
01534 735611

Courses

FAW - FIRST AID AT WORK

Course description

Our most comprehensive practical skills training. This course turns novices into workplace first aiders who are confident in their ability to manage any critical situation, delegate tasks to bystanders, and engage and inform the emergency services.

Covers first aid protocols for adult casualties only. You will need a basic command of English to attend this course.

In Jersey we have added AED (defibrillator) and anaphylaxis training onto this course.

Course content

- The role of the first aider
- Communication and casualty care
- Allergic reaction
- Asthma
- Bleeding minor & severe
- Bone, muscle and joint injuries
- Burns and scalds
- Chest pains
- Choking (adult)
- Hyperventilation
- Heat and cold extremes
- Fainting
- Head injuries
- Low blood sugar
- Poisoning
- Resuscitation (CPR) - Adult
- Seizures
- Shock
- Spinal injuries
- Stroke
- Unresponsive casualty

Automated External Defibrillation

- Getting to know the AED (various types)
- Operating the AED

Anaphylaxis First Aid

- Severe allergic reaction
- Auto-injector

Course duration

3 consecutive days 9am - 4.15pm

What you get on this course

A pack containing everything you need for training, pen, note pad, training bandage, resuscitation aid and a first aid manual.

Assessment

Written assessment and continuous observation by the trainer.

Certification

Successful candidates receive a St John Ambulance First Aid at Work certificate, valid for three years.

Anaphylaxis certificate valid for three years.

AED certificate valid for one year.

Associate Membership Insurance. We provide 'Good Samaritan' Insurance cover free of charge when certificate is awarded.

Sign up now.

Help save lives.

stjohnambulancejersey.com
01534 735611



Courses

FAWR - FIRST AID AT WORK REQUALIFICATION

Course description

This course is for people wishing to renew an existing, valid First Aid at Work certificate (initial three-day course).

It refreshes knowledge and skills through practical sessions and includes a written assessment. The AED training is not covered on this course.

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



Course duration

2 consecutive days 9am - 4pm

What you get on this course

A pack containing everything you need for training, pen, note pad, training bandage, resuscitation aid and a first aid manual.

Assessment:

Written assessment and continuous observation by the trainer.

Certification

Successful candidates receive a St John Ambulance First Aid At Work certificate, valid for three years.

Anaphylaxis certificate valid for three years.

Associate Membership Insurance. We provide 'Good Samaritan' Insurance cover free of charge when certificate is awarded.

Sign up now.

Help save lives.

stjohnambulancejersey.com

01534 735611



Courses

EFAW - EMERGENCY FIRST AID AT WORK

Course description

The HSE regulations allow smaller organisations, and those with clearly low risk working environments, to have first aiders trained in 'emergency procedures' only. You will need a basic command of English to attend this course.

This narrower syllabus can be coached in just one day, and you will still meet your regulatory requirements. Covers first aid procedures for adult casualties only.

Course content

- The role of the first aider
- Communication and casualty care
- Basic defibrillator awareness
- Bleeding minor & severe
- Choking - adult
- Minor burns
- Resuscitation -adult
- Seizures
- Shock
- Unresponsive casualty
- Chest pains

Course duration

1 day course 9am - 4pm

What you get on this course

A pack containing everything you need for training, pen, note pad, training bandage, resuscitation aid and a first aid manual.



Assessment:

Written assessment and continuous observation by the trainer.

Certification

Successful candidates receive a St John Ambulance Emergency First Aid At Work certificate, valid for three years.

Associate Membership Insurance. We provide 'Good Samaritan' Insurance cover free of charge when certificate is awarded.

Sign up now.

Help save lives.

stjohnambulancejersey.com
01534 735611

Courses

PAED - PAEDIATRIC FIRST AID

Course description

Focuses on the emergency scenarios that face professionals looking after young children and infants, including teachers, playgroup leaders, childcare providers, nannies and childminders.

Meets the standards required by OFSTED and CYPES. Covers first aid protocols for infant and child casualties only. You will need a basic command of English to attend this course.

Course content

- The role of the first aider
- Communication and casualty care
- Safety on scene
- Unresponsive casualty (child and infant)
- Shock
- Fainting
- Bleeding minor & severe
- Burns and scalds
- Bites and stings
- Eye injuries
- Poisons
- Foreign objects
- Allergic reaction & anaphylaxis
- Poisons
- Foreign objects
- Low blood sugar
- Asthma
- Choking (child and infant)
- Resuscitation (child and infant)
- Heat and cold – extreme
- Head injuries
- Meningitis
- Sepsis
- Bone, muscle and joint injuries
- Seizures
- Spinal injuries

Course duration

2 days 9am - 4pm

What you get on this course

A pack containing everything you need for training, pen, note pad, training bandage, resuscitation aid and a first aid manual.

Sign up now.

Help save lives.

stjohnambulancejersey.com
01534 735611

Assessment

Written assessment and continuous observation by the trainer.

Certification

Successful candidates receive a St John Ambulance Paediatric First Aid certificate, valid for three years.

Anaphylaxis certificate valid for three years.

Associate Membership Insurance. We provide 'Good Samaritan' Insurance cover free of charge when certificate is awarded.



Courses

PAEDR - PAEDIATRIC FIRST AID REQUALIFICATION

Course description

This course is for people wishing to renew an existing, valid Paediatric first aid certificate (initial two-day course).

It refreshes knowledge and skills through practical sessions and includes a written assessment.

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

Course duration

1 day 9am - 4pm

What you get on this course

A pack containing everything you need for training, pen, note pad, training bandage, resuscitation aid and a first aid manual.

Assessment

Written assessment and continuous observation by the trainer.

Certification

Successful candidates receive a St John Ambulance Paediatric First Aid certificate, valid for three years.

Anaphylaxis certificate valid for three years.

Associate Membership Insurance. We provide 'Good Samaritan' Insurance cover free of charge when certificate is awarded.



Sign up now.

Help save lives.

stjohnambulancejersey.com
01534 735611



Courses

AED - AUTOMATED EXTERNAL DEFIBRILLATION

Course description

Defibrillator training, including basic life support, will give you the confidence to act quickly and effectively if someone has a cardiac arrest.

If you have an AED in your workplace, we recommend this dedicated training for your first aiders – and for extra staff if possible – so they can learn to use your defibrillator quickly and confidently in an emergency.

This course also teaches delegates how to perform effective CPR – a vital part of life-saving when a cardiac arrest has occurred. No prior first aid knowledge is needed to attend this course.

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

Course content

- Communication and casualty care
- Chest pains
- Getting to know the AED (various type)
- Operating the AED
- Resuscitation
- Unresponsive casualty



Course duration

3.5 hours

What you get on this course

A pack containing everything you need for training, pen, note pad and a first aid manual.

Assessment

Continuous observation by the trainer.

Certification

Successful candidates receive a St John Ambulance AED certificate, valid for one year.

Associate Membership Insurance. We provide 'Good Samaritan' Insurance cover free of charge when certificate is awarded.

Sign up now.

Help save lives.

stjohnambulancejersey.com
01534 735611



Courses

FASU - FIRST AID SKILLS UPDATE

Course description

This practical refresher course provides first aiders with an opportunity to practise and update their skills at any time while their first certificate is valid. The Health and Safety Executive strongly recommends that first aiders attend a refresher session once every year during this three-year period. You will need a basic command of English to attend this course.

Course content

- Communication and casualty care
- Primary survey
- Unresponsive casualty
- Resuscitation (can cover all ages depending on initial certificate gained)
- Bleeding – severe
- Burns
- Seizures



Who should attend

The course is for people holding a current certificate in: First Aid At Work, Emergency First Aid At Work or Paediatric First Aid.

Course duration

3.5 hours 9am - 12.30pm

Assessment

Continuous observation by the trainer.

Certification

Successful candidates receive a St John Ambulance certificate of attendance.

This course does not renew first aid certificates or extend the validity period of certificates.

Sign up now.

Help save lives.

stjohnambulancejersey.com
01534 735611



MHFA - MENTAL HEALTH FIRST AID FOR THE WORKPLACE

Course description

This qualification teaches delegates to be workplace Mental Health First Aiders, who will be able to recognise the signs and symptoms of common workplace mental health issues and know how to effectively guide a person towards the right mental health support.

Delegates must bring photographic ID to the course.

Pre-course reading will be required. This will be provided within the joining instructions.

On this course delegates will gain:

- an in depth understanding of mental health and the factors that can affect wellbeing
- practical skills to spot the triggers and signs of mental illness
- an understanding of how to perform some physical first aid as part of their response to mental illness
- the confidence to step in, reassure and support a person in distress
- knowledge on how to implement reasonable mental health adjustments when an individual returns to work
- the skills to create a positive mental health culture in the workplace.

Course content

- What is mental health?
- What is the difference between a mental health episode, crisis and condition?
- What factors can affect our mental health?
- The mental health continuum
- Roles and responsibilities of a Mental Health First Aider and Responder
- Key attributes and behaviours of a Mental Health First Aider
- Mental health action plan protocol (DR EFG)
- How to support an individual (and their line manager) when returning to work after an absence due to poor mental health.
- Physical first aid skills to be used in response to mental illness
- How to carry out a risk assessment when supporting an individual
- How to spot the difference between a medical emergency and an imminent threat to life (including how to identify which mental health conditions may be described as either) and what action to take
- Recognising stress and how to support someone who may be experiencing stress
- Recognising when someone is in crisis
- Suicide continuum, risk factors, signs and symptoms

Sign up now.

Help save lives.

stjohnambulancejersey.com
01534 735611

Continues on next page.



MHFA - MENTAL HEALTH FIRST AID FOR THE WORKPLACE

Course content continued

- Recognising and understanding self-harm, eating disorders, PTSD & OCD
- Psychosis - including delusions, thought disorder and hallucinations
- Bipolar disorder
- How to display empathy
- Key skills to support an individual with poor mental health, including where to signpost them and how to have important wellbeing conversations
- Overview of key legislation relevant to mental health
- Exploring attitudes around mental health and how to create a positive culture in the workplace through influence and action planning

Course duration

2 days 9am - 5pm

Pre-course information

Delegates must bring photographic ID to the course.

Pre-course reading will be required. This will be provided within the joining instructions.

Assessment

To be awarded the FutureQuals Level 3 qualification, all delegates must pass the below assessments:

1. Two multiple-choice question papers. Results will not be given during the course.
2. A scenario based practical assessment.

Certification

Subject to passing all assessments, delegates will be awarded the FutureQuals Level 3 Award in Mental Health: Workplace First Aider qualification, valid for three years.

Sign up now.

Help save lives.

stjohnambulancejersey.com
01534 735611



Courses

MH - MOVING AND HANDLING PRINCIPLES

Course description

This half-day course is essential support for all working professionals who manually handle objects, sit at a keyboard or stand in tiring positions. These are the main activities that cause work-related musculoskeletal disorders, such as back and joint pain.

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

Course content

- Manual handling regulations
- Risk assessment
- Safer moving and handling
- Spinal anatomy, structure and function
- Types of injury associated with poor manual handling



Assessment

Continuous observation by the trainer.

Course duration

3.5 hours 9am - 12.30pm

Certification

Candidates receive a St John Ambulance Moving and Handling Principles certificate upon course completion, valid for three years.

Sign up now.

Help save lives.

stjohnambulancejersey.com

01534 735611



Courses

EVCT - EVACUATION CHAIR TRAINING

Course description

This course can only be delivered at your workplace alongside our manual handling course.

Evacuation chair training gives your staff the means to move a casualty or disabled person between floors of a building where there are no lifts, or if lifts cannot be used because of electrical failure, or because of an outbreak of fire.

Correct handling of an evacuation chair is important to avoid injury or strain to the operators, and to protect the safety and comfort of the user. You will need a basic command of English to attend this course.



Course duration

4 hours:

3 hours training in principles of moving and handling

1 hour practical using the evacuation chair

Assessment

Continuous observation by the trainer.

Certification

Candidates receive two St John Ambulance certificates upon course completion, moving and handling principles and evacuation chair valid for three years.

For further information regarding evacuation chair training please email:
countyhq@sja.org.je

Sign up now.

Help save lives.

stjohnambulancejersey.com
01534 735611



BUY YOUR FIRST AID KIT FROM ST JOHN AMBULANCE

Workplace kits, compliant with BS8599-1:2011

Zenith Pouch
Small (up to 25 people)

F30660



Standard Workplace First Aid Kit
Small (up to 25 people)

F30657



Medium (25 - 50 people)

F30658



Sign up now.

Help save lives.

stjohnambulancejersey.com

01534 735611