

NORTH NORFOLK DISTRICT COUNCIL
FIRST AID TRAINING
HOLT ROAD, CROMER
NORFOLK NR27 9EN
TELEPHONE 01263 516173

www.northnorfolk.org



If you would like this leaflet in
Large print, audio, Braille,
Alternative format or in a
Different language, please
telephone 01263 516173 and
we will do our best to help

FIRST AID TRAINING COURSE



Emergency First Aid at Work (HSE approved) One Day Training Course

Location

**Council Offices
Holt Road, Cromer, NR27 9EN**

Course Date Thursday 20th October 2011

Time

Arrival 9.00am onwards

Start 9.30am prompt

Breaks 12.30pm to 1.00pm (lunch)

2 x 15 min breaks at other times

Resume 1.00pm to 4.30pm (ends)

Emergency First Aid at Work

(HSE approved course)

North Norfolk District Council in conjunction with St John Ambulance will be running Emergency First Aid at Work courses at the Council Offices in Cromer. This course is ideal for smaller workplaces that present few health and safety risks.

Who should attend?

Nominated emergency first aiders, or anyone wanting a comprehensive one day first aid.

What you will learn?

Basic life saving, first aid and workplace health and safety regulations.

Course Content

- Health and safety (first aid) regulations
- Managing an incident
- The priorities of first aid
- Treatment of an unconscious casualty
- Resuscitation
- Shock
- Choking
- Seizures
- Bleeding
- Common workplace injuries

Fee

The cost of the 6 hour course will be **£70** per person.

Award

The candidates on completion of the course will receive a certificate which is valid for 3 years.

Booking information

The fee includes:

Refreshments (tea/coffee and biscuits)

Please bring a packed lunch or you may use our canteen at your own expense.

We have ample free parking at our offices

Course places will be considered booked provided payment is received with the booking form when paying by cheque or postal order.

Booking is only confirmed once your payment is received and processed. Payment can be made over the phone with a debit or credit card. Please contact the Customer Service Team on 01263 516294 ..

A confirmation of your booking will be sent to you.

*Please note: **refunds** will not be made for requests to change attendance dates, cancellation of course attendance or non-attendance of courses.*

Special requirements/Equal Opportunities

If the candidate has any special requirements, for example, literacy, language, disability or you require further information please contact Sonia Shuter 01263 516173 or email sonia.shuter@north-norfolk.gov.uk

NORTH NORFOLK DISTRICT COUNCIL
FIRST AID TRAINING
HOLT ROAD, CROMER
NORFOLK NR27 9EN
TELEPHONE 01263 516173

www.northnorfolk.org



If you would like this leaflet in
Large print, audio, Braille,
Alternative format or in a
Different language, please
telephone 01263 516173 and
we will do our best to help

FIRST AID TRAINING COURSE



Emergency First Aid at Work (HSE approved) One Day Training Course

Location

**Council Offices
Holt Road, Cromer, NR27 9EN**

Course Date Thursday 20th October 2011

Time

Arrival 9.00am onwards

Start 9.30am prompt

Breaks 12.30pm to 1.00pm (lunch)

2 x 15 min breaks at other times

Resume 1.00pm to 4.30pm (ends)

Emergency First Aid at Work

(HSE approved course)

North Norfolk District Council in conjunction with St John Ambulance will be running Emergency First Aid at Work courses at the Council Offices in Cromer. This course is ideal for smaller workplaces that present few health and safety risks.

Who should attend?

Nominated emergency first aiders, or anyone wanting a comprehensive one day first aid.

What you will learn?

Basic life saving, first aid and workplace health and safety regulations.

Course Content

- Health and safety (first aid) regulations
- Managing an incident
- The priorities of first aid
- Treatment of an unconscious casualty
- Resuscitation
- Shock
- Choking
- Seizures
- Bleeding
- Common workplace injuries

Fee

The cost of the 6 hour course will be **£70** per person.

Award

The candidates on completion of the course will receive a certificate which is valid for 3 years.

Booking information

The fee includes:

Refreshments (tea/coffee and biscuits)

Please bring a packed lunch or you may use our canteen at your own expense.

We have ample free parking at our offices

Course places will be considered booked provided payment is received with the booking form when paying by cheque or postal order.

Booking is only confirmed once your payment is received and processed. Payment can be made over the phone with a debit or credit card. Please contact the Customer Service Team on 01263 516294 ..

A confirmation of your booking will be sent to you.

*Please note: **refunds** will not be made for requests to change attendance dates, cancellation of course attendance or non-attendance of courses.*

Special requirements/Equal Opportunities

If the candidate has any special requirements, for example, literacy, language, disability or you require further information please contact Sonia Shuter 01263 516173 or email sonia.shuter@north-norfolk.gov.uk