



ROYAL
LIFE SAVING
SOCIETY UK

Derek Wyatt

Training



First Aid at Work

Emergency First Aid at Work

Paediatric First Aid

Paediatric Emergency First Aid



AED Training



National Pool Lifeguard Trainer/Assessor

Rescue Award for Swimming Teachers
& Coaches (NRASTC)



Community Life Support Instructor

Derek Wyatt

RLSS Approved Training Provider

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First Aid

Who has to provide First Aid?

Who needs First Aid Training?



By law employers have to provide first aid to employees and this includes people undertaking work experience or on training schemes. But don't forget, your extended duty of care to customers and visitors to your site.

Employers must appoint someone to take charge of first aid arrangements and you must provide "adequate and appropriate" equipment, facilities and people so your employees can be given first aid if they are injured or become ill at work.

These regulations apply to all workplaces including the self-employed or sole traders. As well as being adequately trained, first aiders should be fully competent and confident in their skills so they can handle urgent and possibly life-threatening situations.

Failure to comply with these guidelines or a disregard for the safety of your staff could result in substantial fines or even prosecution.

Need help in deciding, who needs to be trained and to what level?

Having trouble finding the time, or releasing staff, without affecting your business?

I can help you with these questions.

Courses can be run over the requisite number of days, but can also be split up to run over longer periods, evenings or weekends.

Don't want to travel?

In most cases I can come to you.

Contact me now to discuss your requirements

 **07771 905 498**

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All of the courses I deliver are **RLSS UK First Aid Qualifications** and are **Ofqual accredited** to the level indicated and are compliant with up to date legislation.

Level 2	Emergency First Aid at Work (new or renewal)	1 day
Level 3	First Aid at Work (new)	3 days
Level 3	First Aid at Work (renewal)	2 days
Level 3	Paediatric Emergency First Aid (new or renewal)	1 day
Level 3	Paediatric First Aid (new or renewal)	2 days



AED Training

Automated External Defibrillation is essential for those with access to on site defibrillators and provides the skills necessary to enable the use of this equipment to enhance the chances of life saving actions.

This Level 2 course can be added to all of the First Aid courses above, or run as an independent course.

On going training and refresher courses available.



Community Based Awards

Want something different for your school, club, group or society?

The **RLSS UK Community Outreach Programme** is designed to increase the number of people who are able to administer CPR in the event of an emergency. It provides you with the opportunity to learn essential CPR skills in a relaxed environment. The idea is to provide you with the skills and confidence, so that you feel more able to step in and help out if an incident occurs. These two awards are

- **Highly accessible and suitable for all**
- **No previous knowledge or experience is necessary**
- **No testing or assessment.**

RLSS UK

Save a Baby's Life Workshop (Baby CPR and choking)

is suitable for anyone who cares for a baby like parents, grandparents and older siblings. It covers

- **Infant Life Support (CPR)**
- **Infant choking (diagnosis and treatment)**
- **Infant drowning (diagnosis and treatment)**

RLSS UK

Community Life Support Workshop (Child / Adult CPR and choking)

is suitable for all, and focuses on how to administer CPR and first aid skills to children and adults. It covers

- **Basic Life Support (CPR)**
- **Choking (diagnosis and treatment)**
- **Drowning (diagnosis and treatment)**



Community Based Awards

**Want to take it further?
Are you a bit more confident?**

Then these awards are for you:

RLSS UK Life Support Award {Adult}

This award establishes an effective level of skill in Basic Life Support and in the diagnoses and treatment of choking, bleeding and shock. There is no minimum candidate age, and there are no prerequisites for this award. There is however a final assessment of skills.

RLSS UK Life Support 3 {Adult, Child & Baby}

This qualification establishes an excellent level of skill in Life Support for casualties of all ages and in the diagnoses and treatment of cessation of breathing, choking, bleeding and shock. There is no minimum candidate age, and there are no prerequisites for this award. There is however a final assessment of skills.





Swimming Pool Based Awards

National Pool Lifeguard Qualification (NPLQ 8th Edition) and Integrated First Aid at Work & AED Training.

This is the leisure industries standard lifeguarding qualification and the starting point for most leisure industry jobs. I provide

- **Regular courses**
- **On-going training for your lifeguarding staff**
- **Updates, upgrades to AED and refreshment training**
- **Return to work assessments and catch-up training.**

The National Rescue Award for Swimming Teachers & Coaches (NRASTC)

The NRASTC is essential for swimming teachers, especially those working at pools with no lifeguarding cover. **Remember that your priority is the safety of the swimmers in your charge.** NRASTC is the leading safety supervision award for swimming teachers and swimming coaches.

It gives you the skills to help out in an emergency.

- **Regular courses**
- **Renewal and refresher training**
- **Upgrades to AED**
- **Return to work assessments and catch-up training.**

