

PUBLIC COURSES

The following public courses are available:

1. Practical first aid
2. Occupational first aid
3. Public access defibrillation
4. Carer's course
5. Therapeutic hand care

Practical First Aid

This course is taught over 16 hours and contains 8 modules:

1. First Aid Essentials
2. Bleeding
3. Fractures
4. Burns
5. Head Injuries
6. Basic Life Support (CPR)
7. Paediatric
8. Poisons and miscellaneous common medical conditions

This course is ideal for those who want a basic practical introduction to first aid. The course cost of €100 is inclusive of manual, course materials and certification in European First Aid.



Occupational First Aid

This course is taught over 24 hours and contains 8 modules:

1. First Aid Essentials
2. Circulation, Wounds, and Bleeding
3. Respiration, Asphyxia & C.P.R
4. Choking & Heart Conditions
5. Unconsciousness
6. Fractures, Sprains, Strains & Dislocations
7. Burns and Scalds
8. Medical Emergencies, Crush & Spinal Injuries

This course is ideal for those who require a first aid qualification for their work.

The course cost of €250 is inclusive of manual, course materials. Certification is recognised by the Health & Safety Authority as qualifying the recipient as a trained Occupational First Aider.



Public Access Defibrillation

This course is ideal for workplaces, clubs, schools, and colleges etc. who wish to have an Automated External Defibrillator on the premises.

Training is given to 10 people over one day in the use of the machine which provides defibrillation in the case of a cardiac arrest.

Cost of the course is dependant on the number of participants and is inclusive of the cost of the machine.

Recipients of this course must do a 2 hour refresher course every 6 months in order to keep their certification current.



Carers Course

This course is aimed at anyone who cares for others, either in the home or in a hospital or nursing home.

The course covers all practical elements of patient care and is taught by a Registered General Nurse, a Pharmacist and an Emergency Medical First Responder.

Course can be provided on-site in hospitals or nursing homes.



Therapeutic Hand Care

This is a one day course which is ideal for anyone who would like to provide a caring, therapeutic service to people who are ill or in long-term care.

The course teaches all aspects of handcare and hand massage. The course can be provided at your own venue or at our training centre and all materials are provided.