



For your H & S training file:

First Aid Training

Powerplay Paintball
No 5 Waingap Crescent
Whitworth
ROCHDALE
OL12 8PX

The following 11 persons attended and successfully passed a one-day **First Aid Course for Paintball** including CPR for both Adult and Child/Drowning Casualties on Sunday 19th April 2010.

Vanessa Powell
Craig Auld
Scott Archer
Stuart Andrew
Ben Leyland
Lee Schofield

Kane Bennett
Tracy Andrew
Catherine Cook
Steven Bull
Rachael Maunder

Course content:

Introduction
Principles of first aid
Vital signs
Incident procedure
Treatment of an unresponsive casualty
Management of injured casualties wearing PPE (masks and vests)
Treatment of a casualty with a seizure (Epilepsy)
Treatment of bleeding and shock
Basic Life support (CPR) Heart Attack
Chain of Survival
Basic Life Support (CPR) for Child / Drowning casualties
Practical scenarios
Hypothermia / Hyperthermia
Insulation and shelter
Soft tissue injuries & fracture management
Common medical problems: asthma, diabetes, conscious heart attack/angina, fainting
Burns
Eye injuries
First aid kits, legislation and record keeping discussed throughout
Manual handling considerations in first provision throughout

Course delivered at Haigh Lane site by Helen Underwood.
Certificates valid for 3 years from date of course.