



M.B.E.S

Simple
Original
Service

Course Catalogue



Contents

Health and Safety Level 2	Page 2
Manual Handling	Page 3
Fire Safety	Page 4
Fire Marshal	Page 5
Working at Heights	Page 6
CPR	Page 7
BLS / Annual Refresher	Page 8
Anaphylaxis	Page 9
Skater First Aid	Page 10
Church Modular Training	Page 11
EFAW	Page 12
EFAW + TECC Awareness	Page 13
EFAW + K9	Page 14
Paediatric First Aid	Page 15
Emergency Paediatric First Aid	Page 16
Paediatric First Aid and FAW	Page 17
FAW	Page 18
FAW Requalification	Page 19
FAW + K9	Page 20
FAW + TECC Awareness	Page 21
AED	Page 22
Medical Emergency for Doctors and Dentists	Page 23
TECCi	Page 24
TECCa	Page 25

Course Name	Health and Safety
Duration	Half day
Level	2
Max trainer to client ratio	1:12
Valid for	3 years
Outline	
<ul style="list-style-type: none">• Health and safety at work• Risk assessment• Accident prevention, investigation and reporting best practice• Communication and environment• Hazards and controls: fire and electricity• Hazards and controls: Control Of Substances Hazardous to Health (COSHH) and Personal Protective Equipment (PPE)• Hazards and controls: manual handling and Display Screen Equipment (DSE)	

Course Name	Manual Handling
Duration	Half day
Level	2
Max trainer to client ratio	1:12
Valid for	3 years
Outline	
<ul style="list-style-type: none">• Anatomy of the spine• Causes of back pain• Returning to work• Manual handling laws and guidance• Principles of safer manual handling• Unsafe systems of work• Manual handling risk assessment• Demonstrations and practice• Practical Evaluations	

Course Name	Fire Safety
Duration	Half day
Level	2
Max trainer to client ratio	1:12
Valid for	3 years
Outline	
<ul style="list-style-type: none"> • Introduction to Fire Safety <ul style="list-style-type: none"> ○ importance of fire safety awareness ○ the fire triangle and types of fire ○ fire safety law and how is the law enforced? • Fire Safety Responsibilities <ul style="list-style-type: none"> ○ employer duties ○ fire risk assessments ○ fire wardens ○ employee duties • Fire Safety Arrangements <ul style="list-style-type: none"> ○ good housekeeping ○ fire detection and warning systems ○ emergency routes and exits ○ fire safety signs and emergency lighting ○ fire extinguishers ○ employee training • Fire Evacuation Procedures <ul style="list-style-type: none"> ○ evacuation and personal emergency evacuation plans ○ fire drills 	

Course Name	Fire Marshal
Duration	Full day
Level	3
Max trainer to client ratio	1:12
Valid for	3 years
Outline	
<ul style="list-style-type: none"> • Introduction to Fire Safety <ul style="list-style-type: none"> ○ importance of fire safety awareness ○ the fire triangle and types of fire ○ fire safety law and how is the law enforced? • Fire Safety Responsibilities <ul style="list-style-type: none"> ○ employer duties ○ fire risk assessments ○ fire wardens ○ employee duties • Fire Safety Arrangements <ul style="list-style-type: none"> ○ good housekeeping ○ fire detection and warning systems ○ emergency routes and exits ○ fire safety signs and emergency lighting ○ fire extinguishers ○ employee training • Fire Evacuation Procedures <ul style="list-style-type: none"> ○ evacuation and personal emergency evacuation plans ○ fire drills • Actions on discovering a fire • Common causes of fire • Fire safety legislation • Fire safety precautions • The chemistry of fire • The role of fire marshal • Using fire extinguishers • Practical Application of Fire Risk Assessment 	

Course Name	Working at Heights
Duration	4hrs
Level	2
Max trainer to client ratio	1:12
Valid for	3 years
Outline	
<ul style="list-style-type: none"> • Introduction and Legislation <ul style="list-style-type: none"> ○ the risks ○ legislation ○ employer and employee duties ○ the hierarchy of control measures • Risk Assessment <ul style="list-style-type: none"> ○ what is a risk assessment? ○ identifying hazards ○ deciding who may be harmed ○ evaluating risks ○ recording findings ○ reviewing and updating • Reducing and Controlling the Risks <ul style="list-style-type: none"> ○ risk reduction ○ fragile surfaces ○ vehicles ○ training ○ emergency procedures • Work at Height Equipment <ul style="list-style-type: none"> ○ tower scaffolds ○ mobile elevating work ○ platforms and ladders 	

Course Name	Cardiopulmonary Resuscitation (CPR)
Duration	2-4 hours depending on needs assessment
Level	Variable
Max trainer to client ratio	1:12
Valid for	N/A
Outline	
<ul style="list-style-type: none"> • Introduction and context to workplace • Basic Life Support Non-Heart Attack (if applicable) • Basic Life Support Heart Attack – practical (if your workplace uses pocket masks and/or bag and mask, we will run the training with this equipment rather than teaching “mouth-to-mouth”) • Chain of survival and theory • Treatment of an unresponsive casualty • Choking 	
Notes	
<p>In addition, if your workplace has an AED, this update training can be incorporated into the training (maximum 8 persons to 1 trainer for this option)</p>	

THE CHAIN OF SURVIVAL



Course Name	Annual Refresher/BLS
Duration	1/2 day
Level	3
Max trainer to client ratio	1:12
Valid for	1 year
Outline	
<ul style="list-style-type: none">• Incident management and scene assessment in an emergency• Treatment of an Unresponsive Casualty• Treatment of a casualty having a Seizure• Cardiopulmonary Resuscitation• Treatment of Bleeding and Shock	

Course Name	Anaphylaxis
Duration	2 hours
Level	2
Max trainer to client ratio	1:12
Valid for	N/A
Outline	
<ul style="list-style-type: none">• Introduction and Legislation• Introduction• Triggers• Cross-contamination• Recognition• Reaction• Treatment• Emergency planning	

Course Name	Skater First Aid
Duration	4hrs
Level	2
Max trainer to client ratio	1:12
Valid for	3 years
Outline	
<ul style="list-style-type: none">• Introduction and Legislation• How to treat head injuries• Helmet removal• Nose bleeds• Soft tissue• Friction burn	
Notes	
This course is particularly suitable for Roller Derby; Officials, coaches and participants.	

Course Name	Churches - Modular Training
Duration	Variable
Level	1-3
Max trainer to client ratio	1:12
Valid for	1-3 years depending on module
Outline	
<p>Depending on the assessed need, this course has several units that can be incorporated including (but not limited to):</p> <ul style="list-style-type: none"> • Fire Safety /Fire Marshal • Basic Life Support • Manual Handling • Health and Safety • CPR • Working at Heights • Safeguarding 	
Notes	
This package is tailored for each client.	

Course Name	EFAW
Duration	1 day
Level	2
Max trainer to client ratio	1:12
Valid for	3 years
Outline	
<ul style="list-style-type: none"> • Introduction and basic legislation • Principles of first aid • Vital signs – recognising how unwell the casualty is • Incident procedure – dealing with emergency situations • Treatment of an unresponsive casualty • Treatment of a casualty suffering with a Seizure • Dealing with Bleeding and Shock • Practical scenarios • Recognition and treatment of Heart Attack and Angina • Basic life support Heart attack • Chain of survival • Basic Life Support Non-Heart Attack (if applicable) • AED - basic training • Choking 	

Course Name	Emergency First Aid at Work with TECC Awareness
Duration	1 day
Level	2
Max trainer to client ratio	1:12
Valid for	3 year
Outline	
<ul style="list-style-type: none"> • Introduction and basic legislation • Principles of first aid • Vital signs – recognising how unwell the casualty is • Incident procedure – dealing with an emergency situation • Treatment of an unresponsive casualty • Treatment of a casualty suffering with a Seizure • Dealing with Bleeding and Shock • Practical scenarios • Recognition and treatment of Heart Attack and Angina • Basic life support Heart attack • Chain of survival • Basic Life Support Non-Heart Attack (if applicable) • AED - basic training • Choking • CTECC – mass casualty • Triage • Scenarios 	



Course Name	K9 and EFAW combined
Duration	3 days
Level	2
Max trainer to client ratio	1:12
Valid for	3 years
Outline	
<ul style="list-style-type: none"> • Introduction and basic legislation • Principles of first aid • Vital signs – recognising how unwell the casualty is • Incident procedure – dealing with emergency situations • Treatment of an unresponsive casualty • Treatment of a casualty suffering with a Seizure • Dealing with Bleeding and Shock • Practical scenarios • Recognition and treatment of Heart Attack and Angina • Basic life support Heart attack • Chain of survival • Basic Life Support Non-Heart Attack (if applicable) • AED - basic training • Choking • Manual handling considerations in first aid provision • Bites • Injuries to Dogs 	

Course Name	Paediatric First Aid
Duration	2 days
Level	2
Max trainer to client ratio	1:12
Valid for	3 years
Outline	
<ul style="list-style-type: none"> • Introduction & Principles of first aid • Vital signs – adult, child and baby • Incident procedure – dealing with incidents • Treatment of an unresponsive casualty • Dealing with bleeding and shock • Resuscitation – including child and baby • Conscious Choking – adult/child and baby • Unconscious choking – adult/child and baby • Soft tissue injuries • Suspected fractures • Practical scenarios • Head neck and back injuries • Anaphylactic shock • Effects of heat and cold on children and babies • Paediatric medical problems – including asthma, diabetes, epilepsy, sickle cell anaemia • Sudden illness – including febrile convulsions, meningitis, meningococcal septicaemia • Burns and scalds • Electric shock • Foreign bodies, bites and stings • Poisoning • Eye injuries • First aid kits – with particular reference to children • Legislation and Administration – including record keeping • Emergency action plan 	

Course Name	Emergency Paediatric First Aid
Duration	1 day
Level	2
Max trainer to client ratio	1:12
Valid for	3 year
Outline	
<p>Be able to assess an emergency situation and prioritise what action to take to help a baby or child who is:</p> <ul style="list-style-type: none"> • Introduction and basic legislation • unresponsive and breathing normally • unresponsive and not breathing normally • having a seizure • choking • bleeding • suffering from shock caused by severe blood loss (hypovolemic shock) • suffering from anaphylactic shock • has had an electric shock • has head, neck or back injuries • is having: <ul style="list-style-type: none"> ○ a diabetic emergency ○ an asthma attack ○ an allergic reaction 	

Course Name	FAW and Paediatric First Aid
Duration	18hrs
Level	3/4
Max trainer to client ratio	1:12
Valid for	3 years
Outline	
<ul style="list-style-type: none"> • Introduction & Principles of first aid • Vital signs & Incident procedure • Treatment of an Unresponsive Casualty • Bleeding and Shock • Practical scenarios • Basic life support Heart attack and Chain of survival theory • Basic Life Support Non-Heart Attack (child/drowning) • Choking • Minor Injuries – soft tissue injury, fractures and dislocations • Serious injuries – including injuries to the head, spine and torso • Hypothermia/ Hyperthermia • Insulation and shelter – with relevance to the working environment • Common medical problems – includes angina/conscious heart attack, asthma, diabetes, epilepsy (seizures), faints, anaphylaxis and stroke • Conscious casualty positioning • Burns, scalds and electric shock • Poisons • Eye injuries • First aid kits • Legislation and Administration – including record keeping • AED training - includes theory and safety issues, practical scenarios utilising a training unit, documentation and maintenance • Manual handling considerations in first aid provision 	

Course Name	FAW
Duration	3 days
Level	3/4
Max trainer to client ratio	1:12
Valid for	3 years, after which currently a 2-day FAW Requalification course can currently be taken
Outline	
<ul style="list-style-type: none"> • Principles of first aid • Vital signs • Incident procedure • Treatment of an Unresponsive Casualty • Bleeding and Shock • Practical scenarios • Basic life support Heart attack and Chain of survival theory • Basic Life Support Non-Heart Attack (child/drowning) • Choking • Minor Injuries – soft tissue injury, fractures and dislocations • Serious injuries – including injuries to the head, spine and torso • Hypothermia/ Hyperthermia • Insulation and shelter – with relevance to the working environment • Common medical problems – includes angina/conscious heart attack, asthma, diabetes, epilepsy (seizures), faints, anaphylaxis and stroke • Conscious casualty positioning • Burns, scalds and electric shock • Poisons • Eye injuries • First aid kits • Legislation and Administration – including record keeping • AED training - includes theory and safety issues, practical scenarios utilising a training unit, documentation and maintenance • Manual handling considerations in first aid provision 	

Course Name	FAW Requalification
Duration	2 days
Level	3/4
Max trainer to client ratio	1:12
Valid for	3 years
Outline	
<ul style="list-style-type: none"> • Introduction • Principles of first aid • Vital signs • Incident procedure • Treatment of an Unresponsive Casualty • Bleeding and Shock • Practical scenarios • Basic life support Heart attack and Chain of survival theory • Basic Life Support Non-Heart Attack (child/drowning) • Choking • Minor Injuries – soft tissue injury, fractures and dislocations • Serious injuries – including injuries to the head, spine and torso • Hypothermia/ Hyperthermia • Insulation and shelter – with relevance to the working environment • Common medical problems – includes angina/conscious heart attack, asthma, diabetes, epilepsy (seizures), faints, anaphylaxis and stroke • Conscious casualty positioning • Burns, scalds and electric shock • Poisons • Eye injuries • First aid kits • Legislation and Administration – including record keeping • AED training - includes theory and safety issues, practical scenarios utilising a training unit, documentation and maintenance • Manual handling considerations in first aid provision 	

Course Name	K9 and FAW combined
Duration	3 days
Level	4
Max trainer to client ratio	1:12
Valid for	3 years, after which currently a 2-day FAW Requalification course can currently be taken
Outline	
<ul style="list-style-type: none"> • Introduction & Principles of first aid • Vital signs • Incident procedure • Treatment of an Unresponsive Casualty • Bleeding and Shock • Practical scenarios • Basic life support Heart attack and Chain of survival theory • Basic Life Support Non-Heart Attack (child/drowning) • Choking • Minor Injuries – soft tissue injury, fractures and dislocations • Serious injuries – including injuries to the head, spine and torso • Hypothermia/ Hyperthermia • Insulation and shelter – with relevance to the working environment • Common medical problems – includes angina/conscious heart attack, asthma, diabetes, epilepsy (seizures), faints, anaphylaxis and stroke • Conscious casualty positioning • Burns, scalds and electric shock • Poisons • Eye injuries • First aid kits • Legislation and Administration – including record keeping • AED training - includes theory and safety issues, practical scenarios utilising a training unit, documentation and maintenance • Manual handling considerations in first aid provision • Bites • Injuries to Dogs 	

Course Name	First Aid at Work with TECC Awareness
Duration	3 days
Level	2
Max trainer to client ratio	1:12
Valid for	3 years
Outline	
<ul style="list-style-type: none"> • Introduction & Principles of first aid • Vital signs & Incident procedure • Treatment of an Unresponsive Casualty • Bleeding and Shock • Practical scenarios • Basic life support Heart attack and Chain of survival theory • Basic Life Support Non-Heart Attack (child/drowning) • Choking • Minor Injuries – soft tissue injury, fractures and dislocations • Serious injuries – including injuries to the head, spine and torso • Hypothermia/ Hyperthermia • Insulation and shelter – with relevance to the working environment • Common medical problems – includes angina/conscious heart attack, asthma, diabetes, epilepsy (seizures), faints, anaphylaxis and stroke • Conscious casualty positioning • Burns, scalds and electric shock • Poisons • Eye injuries • First aid kits • Legislation and Administration – including record keeping • AED training - includes theory and safety issues, practical scenarios utilising a training unit, documentation and maintenance • CTECC – mass casualty • Triage • Scenarios 	



Course Name	Automated External Defibrillation
Duration	3 hours
Level	2
Max trainer to client ratio	1:8
Valid for	N/A
Outline	
<ul style="list-style-type: none"> • Update on CPR techniques • Use of appropriate adjuncts e.g. pocket mask, bag & mask and if available airway adjuncts e.g. OP airways • Theory - when and how to use an AED • Safety issues • Practical application of the training AED on a manikin • Aftercare - what to do after utilising the AED • Maintenance of an AED 	

THE CHAIN OF SURVIVAL



Course Name	Medical Emergencies for Doctors and Dentist
Duration	2-4 hours depending on needs assessment
Level	Variable
Max trainer to client ratio	1:12
Valid for	N/A
Outline	
<ul style="list-style-type: none"> • BLS with AED • Asthma • Diabetes • Anaphylaxis - auto-injector training • Epilepsy • Fainting • Panic Attacks • Stroke 	
Notes	
Additional topics can be added based on risk assessments	

Course Name	CTECCI
Duration	5 days
Level	4
Max trainer to client ratio	1:10
Valid for	3 years
Outline	
<ul style="list-style-type: none"> • Introduction & Principles of first aid • Gunshot wounds and realities of their medical management • How to rapidly evaluate injuries and how they affect your tactical treatment plan • The concept of “care under fire” and how it differs from a non-tactical medical situation • Choosing appropriate medical care for each treatment phase • Assessment and management of penetrating, blunt, and blast injuries • Assessment and management of massive haemorrhage • The safe and efficient use of improvised and commercially available tourniquets • Appropriate treatment of casualties with abdominal injuries or head injuries • Casualty hypothermia prevention • Techniques for moving casualties to a safer location • Triage of multiple casualties and setting up a Casualty Collection Point • Tactical casualty care concepts and their application • Airway management, airway positioning and airways • Appropriate treatment of casualties with ocular injuries • Burns • Fractures, 	



Course Name	CTECCa
Duration	5 days
Level	4/5
Max trainer to client ratio	1:10
Valid for	3 years
Outline	
<ul style="list-style-type: none"> • Introduction & Principles of first aid • Gunshot wounds and realities of their medical management • How to rapidly evaluate injuries and how they affect your tactical treatment plan • The concept of “care under fire” and how it differs from a non-tactical medical situation • Choosing appropriate medical care for each treatment phase • Assessment and management of penetrating, blunt, and blast injuries • Assessment and management of massive haemorrhage • The safe and efficient use of improvised and commercially available tourniquets • In-depth discussion of thoracic trauma (chest injuries), chest seals, recognition of tension pneumothorax • Appropriate treatment of casualties with abdominal injuries or head injuries • Casualty hypothermia prevention • Techniques for moving casualties to a safer location • Triage of multiple casualties and setting up a Casualty Collection Point • Tactical casualty care concepts and their application • Advance airway management, airway positioning and airways • Appropriate treatment of casualties with ocular injuries • Burns • Fractures • Mine injuries • Theory of Intraosseous access • Bites • Injuries from animals 	

