

Hash Tag First Aid



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Congratulations

Welcome to November's edition of Hash Tag First Aid

Welcome to the November edition of Hash Tag First Aid.

In this edition we are talking about administering Aspirin to a casualty with a suspected heart attack, Inhalers in schools, dealing with Burns and allergies over Christmas as well as the usual congratulations to our new first aiders. If you have any pictures of you with your certificates, please send them to us!

If you have any feedback or would like to read about something specific, please do let us know by emailing us info@aimhigh-training.co.uk. If you missed our July edition you can read it [here](#).

Don't forget you can keep up to date with all things first aid and Aim High by liking us on [Facebook](#) and following us on [Twitter](#). We are also on [Google+](#), [LinkedIn](#) and have our very own [YouTube channel](#).

We hope you all have a wonderful Christmas and Happy New Year!!!!

Administering Aspirin, are we allowed?

There have been a number of learners on our courses who have asked about administering aspirin to casualties suffering a suspected heart attack so we thought we would confirm the correct answer for you all.

The HSE does not permit trained first aiders with a valid first aid at work qualification to administer aspirin under any circumstances.

In every case where aspirin is to be

made available in the workplace, we advise that the company should have conducted a risk assessment which indicates it is needed.

If you do decide to administer aspirin, make sure the casualty isn't allergic first. If no, advise them to chew one tablet (300mg) slowly. Chewing rather than swallowing speeds up absorption through the lining of the mouth.

For more information, please click [here](#).

"I really enjoyed myself and learnt a lot from two people who clearly know how to inspire everyone about first aid"





62% of children with asthma have had an asthma attack while at school!

Emergency Inhalers in schools

Approximately 20 children of school age in England and Wales die every year from asthma and most deaths occur before the child reaches hospital. A survey from Asthma UK found that 64% of children with asthma have at some point been unable to access a working reliever inhaler in school, having either forgotten, lost, broken or run out of their own. 62% of children with asthma have had an asthma attack while at school.

In 2012, Asthma UK made inquiries as to whether the law could be changed to allow schools to keep a spare reliever inhaler for use in an emergency. Some schools had already implemented protocols for holding and using inhalers in an emergency, although not permitted by the legislation.

Click [here](#) to read more.

Remember, Remember Burns in November....

BURNS AND SCALDS ARE DAMAGE TO THE SKIN CAUSED BY HEAT

A burn is caused by dry heat ie: an iron or fire. A scald is caused by something wet, such as hot water or steam. Burns can also be caused by chemicals, ice, electricity and the sun. They can be very painful and can cause blisters and charred, black or red skin.

BURNS STATISTICS

- Every 1.5 minutes someone in the UK is burnt or scalded in an accident at home
- 112,000 people visit hospital each year with the effects of burns and scalds incurred in the home
- 45% of all casualties are children under the age of 4 years old

Click [here](#) to read more.



A Partial Thickness Burn

"Having spent years and years attending different first aid courses for my career as a child minder, I can honestly say that I've never had as much fun as I did with you two ladies. I just wanted to say thank you for teaching me some new things and for making the past two days so relaxed and enjoyable!!"

Useful links

www.nhsdirect.nhs.uk

www.anaphylaxis.org.uk

www.asthma.org.uk

www.diabetes.org.uk

www.epilepsy.org.uk

www.meningitisnow.org

www.stroke.org.uk

**"First Aid Training
made Fun and
Affordable"**

Allergies over Christmas

It's that time of year when we will be handing out sweets and preparing food for our families, but are you aware of allergies?

Allergies affect approximately 1 in 3 of the population of the UK at some point in their lives. Allergic conditions can affect anyone, at any age and vary in severity from the mildest hayfever to life threatening Anaphylaxis.

To read more about allergies and anaphylaxis, please click [here](#).



Congratulations to the following new first aiders.....

We would like to congratulate the following businesses, individuals and groups on successful completion of their first aid qualifications.....

- Taplow House Hotel
- Sarah Johnson and Friends
- The Finesse Collection
- All our delegates who attended our open courses
- Quorn Hunt Pony Club
- East Midlands Martial Arts
- Aldenham Parish Council

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