

Hash Tag First Aid



Welcome to July's edition of Hash Tag First Aid

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In this edition we are talking about **how to recognize and treat seizures, keeping your family safe around water this summer, the new changes to workplace first aid kits and our open course dates as well as the usual congratulations to our new first aiders.** If you have any pictures of you or your team 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 at info@aimhigh-training.co.uk. If you missed our April 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 [You Tube channel](#).

Enjoy! Aimie and Bonnie

Epilepsy – Seizure triggers and how to treat them

In the UK there are over 600,000 people with Epilepsy. It is a diagnosed medical condition that may lead to seizures. It can be a lifelong condition but if you go without having a seizure for a long enough period of time, a doctor may consider that you no longer have it.

Millions of electrical signals are happening in our brain all the time. A seizure happens when there is a sudden intense burst of electrical activity. This causes a temporary disruption to the way the brain normally works, mixing up the brains messages. What happens to each individual when they are having a seizure depends on where in the brain the sudden burst of electrical activity started and how widely and quickly it spreads.

[Read more....](#)

In this issue.....

Welcome!

Treating seizures

Safety around water

Workplace first aid kits

Open course dates

Congratulations

“A very professional and friendly trainer. I feel more confident and secure in my ability to first aid both in and out of work”



“A lot of people presume there is only one type of drowning (ie: water fills your lungs) but there are in fact many different types.”

Are you water safety aware?

With the glorious weather, holidays with the family and trips out, are you water safety aware?

Accidental drowning causes more than 400 UK deaths every year, is the third highest cause of death in children and claims the lives of at least 360,000 people worldwide each year.

A lot of people presume there is only one type of drowning (ie: water fills your lungs) but there are in fact many different types. When I was training as a lifeguard I remember the trainer telling us that you can drown in an egg cup size of water.....an egg cup, really??? During cases of **secondary drowning**, only a small amount of water is actually present in the casualty's lungs. This small amount of water is still enough to make the lungs no longer able to deliver the much needed oxygen to the bloodstream.

[Read more....](#)

Are your workplace first aid kits up to standard?

The Health and Safety (First-Aid) Regulations 1981 states that *“when the assessment of first-aid requirements has been completed, the employer should provide the materials, equipment and facilities needed to make sure that the level of cover identified as necessary will be available to employees at all relevant times. This will include ensuring that first-aid equipment, suitably marked and easily accessible, is available in all places where working conditions require it.”*

As part of your general risk assessment for your business you will have found out how many employees you have and what risk level you are classified in ie: Low of High.

As part of your first aid needs assessment you will then determine the number of first aid kits you will need. To help match the level of workplace risk, first aid kits are available in four sizes....small, medium, large and travel.

[Read more....](#)



“I thought that the first aid training provided was great. The trainer was great at making the course fun and easy to understand. She explained things well and drew on her own experiences to advise us”

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"**

Workplace Open First Aid Course dates July - November

We are running a variety of open course dates within the Derby area over the next few months.

Level 2 Award in Emergency First Aid at Work courses:

- Tuesday 4th August - Riverside Chambers, Derby
- Tuesday 1st September, Riverside Chambers, Derby
- Tuesday 6th October, Riverside Chambers, Derby
- Tuesday 3rd November, Riverside Chambers, Derby

All priced at just £95.00pp and includes refreshments all day, a first aid manual, a 1-person first aid kit and an accredited certificate valid for 3 years!!!!

[Why not book your place today!](#)

Look out for more dates in our next issue!!!!

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.....

- Smith Partnership's Burton Office
- Leicester City Hockey Club
- Beales Hotels Ltd
- Diana Jones and friends
- St Quentin Residential Home
- Sam Humphries from Bunny Hill Riding School
- Michelle from Devas Dance School
- Students at Rickmansworth School
- All our delegates who attended our open courses

Keep up to date with Aim High and all things first aid related

