



South Coast Emergency Medical Services

Training Services



Registered Address:

**7 Winstone Buildings
Winchester Road
Southampton
Hampshire. SO16 7AZ**

Tel:

07826 652400

Fax:

0871 714 5982

Email:

training@southcoastmedics.co.uk

Web:

<http://www.southcoastmedics.co.uk>

MEMBER



**ASSOCIATION OF
FIRST AIDERS**



Introduction

South Coast Emergency Medical Services, Training Services, specialise in providing cost effective training and assessment solutions.

Our impressive package of courses comprise not only Nationally verified and recognised courses, such as Moving and Handling, First Aid At Work and Appointed Persons, but also bespoke courses, which are tailored to your organisations individual needs. Courses such as “Emergency Aid for Door Supervisors” is available to the security sector and Emergency Aid for New Parents, is the ideal course for people wanting to learn a little bit about first aid, in case the worst happens.

Training Staff

Our training staff are registered and have a wealth of knowledge and experience in the subjects they’re training. They are also kept up to date with current trends and changes in best practice.

Both our trainers and our assessors are operational staff, who are using their skills on a daily basis. Many of our trainers and assessors are registered Emergency Medical Technicians, Paramedics, Nurses and even Doctors.

Venues

South Coast EMS has teamed up with several venues across the South Coast, to provide training courses in varying locations, with a variety of surroundings, most of the time, giving plenty of space for group work, practical scenarios and assessments.

South Coast EMS are happy to train within your own venues, provided it is suitable for the specific course content and fit for purpose. Feel free to contact us to discuss the options available to you and the differences in cost.

Group Sizes

For the majority of South Coast EMS Training courses, the minimum group size is 6 candidates, with 12 candidates being the maximum for any one course.

Pricing is usually on a per person basis, but where there is a full course or multiple courses, available discounts can be applied and the quotation can be arranged on a “Per Course” basis.

Course Lengths

The lengths of the majority of course courses are non negotiable, due to the number of topics, which need to be covered, however, we can tailor the delivery of the course to fit around you and your organisation, e.g.

- Providing Training During Evenings
- Providing Training at Weekends
- Splitting courses over several weeks, teaching 2-3 hours at a time. (a 6 hour course, could be trained in 2 x 3 Hour Sessions or 3 x 2 Hour Sessions.)

We can be flexible to the needs and operational demands of your organisation.



First Aid For Appointed Persons

This course is designed as an introduction to First Aid for people who are nominated as an “Appointed Person” responsible for basic first aid in the workplace or within a club/organisation.

On the successful completion of this course, candidates will receive a certificate, which is valid for 3 years from the assessment date.

Course Content:

- Recognition of Priorities
- How to summon help
- Basic Life Support (Airway Management and CPR)
- Management of an Unconscious Casualty
- Management of Bleeding, Fractures and Shock
- Signs and Symptoms of:
 - o Heart Attack
 - o Angina
 - o Stroke
 - o Diabetic Emergencies
 - o Seizures
- Causes of Unconsciousness
- Documentation and the Reporting of Accidents
- First Aid Kit Contents
- Infection Control

Course Length: 1 Day / 7 Hours

Minimum Age: 16yrs

Group Size: 6-12 Candidates

Cost: £70.00 + VAT per Candidate



Basic Life Support (4 Hours)

This short course is designed to provide the essential knowledge needed to render vital lifesaving support in the event of a cardiac arrest (heart stopping) incident. It is also well suited to Health Professionals and staff who coming into regular contact with patients and the public during their working day, or for staff who require an update.

On successful completion of this course, Candidates will receive a Basic Life Support Certificate, which is valid for 1 year from the date of assessment.

Course Content Includes:

- Recognition of Priorities
- How to Summon Help
- The Chain of Survival
- Basic Life Support (Airway Management and CPR)
- The Recovery Position and management of an unconscious casualty
- Signs and Symptoms of:
 - o Angina
 - o Heart Attack
 - o Stroke
- Causes of Unconsciousness

Course Length: ½ Day (4 Hours)

Minimum Age: 16yrs

Group Size: 6-12 Candidates

Cost: £40.00 + VAT per Candidate



Basic Life Support with AED (Automated External Defibrillator)

This course includes every aspect of the course above with additional training in the use of an AED.

This course is suitable for professional staff who are responsible within their workplace, which either has its own AED or access to a Public Access AED, e.g. Shopping Centres, Railway Stations, Airports, Stadiums and Doctors Surgeries.

Upon Successful completion of this course, candidates are given a certificate, which is valid for 1 year from the date of assessment.

Course Content Includes:

- Recognition of Priorities
- How to Summon Help
- The Chain of Survival
- Basic Life Support (Airway Management and CPR)
- The Recovery Position and management of an unconscious casualty
- Signs and Symptoms of:
 - o Angina
 - o Heart Attack
 - o Stroke
- Causes of Unconsciousness
- Basic Anatomy of the heart and electrical activity
- Safe use of the AED

Course Length: 1 Day (7 Hours)

Minimum Age: 18yrs

Group Size: 6-12 Candidates

Cost: £70.00 + VAT per Candidate



Paediatric First Aid and Basic Life Support

- Can be delivered as “Emergency Aid for New Parents/Grandparents” with the same content, but a slightly different delivery approach, aimed more at Parents than Professionals.

This course is aimed at Parents, Nursery staff, or Youth Leaders, who work with or are around children on a regular basis. It is designed as a basic course to let candidates know what to do if the worst were to happen. Specifically outlining methods of treating basic injuries, such as cuts and bruises or how to perform life support until the emergency services arrive.

On the successful completion of this course, candidates will receive a certificate, which is valid for 1 year from the assessment date.

Course Content:

- Recognition of Priorities
- How to summon help
- Basic Life Support for Infants and Children (Airway Management and CPR)
- Management of an Unconscious Casualty including the Recovery Position
- Management of Bleeding, Fractures and Shock
- High Temperatures and Febrile Convulsions
- Recognition of Meningitis
- Choking Child

Course Length: 6 Hours

Minimum Age: 16yrs

Group Size: 6-12 Candidates

Cost: £60.00 + VAT per Candidate



HSE First Aid At Work (4 Day Full Course)

Approved by the Health and Safety Executive, this course is designed to deliver the knowledge and skills necessary to deal with illness and injury in the workplace.

On the successful completion of this course, candidates will receive a certificate, which is valid for 3 years from the assessment date.

Course Content:

- Recognition of Priorities
- How to summon help
- Basic Life Support for Infants and Children (Airway Management and CPR)
- Management of an Unconscious Casualty including the Recovery Position
- Management of Bleeding, Fractures and Shock
- Management of Head Injuries
- Recognition and Treatment of Shock
- Burns and Scalds
- Eye Injuries
- Poisoning
- Asthma
- Seizures
- Safe handling of Casualties and Spinal Consideration
- Duties of the Employer and Record Keeping
- First Aid Kit Contents
- Infection Control

Course Length: 4 Days

Minimum Age: 16yrs

Group Size: 6-12 Candidates

Cost: £200.00 + VAT per Candidate



HSE First Aid At Work (2 Day Refresher)

Approved by the Health and Safety Executive, this course is designed to deliver the knowledge and skills necessary to deal with illness and injury in the workplace. This is a refresher programme to the 4 Day course and must be completed within 1 month of the expiry date of the original certificate to maintain the qualification for a further 3 years.

On the successful completion of this course, candidates will receive a certificate, which is valid for 3 year from the assessment date.

Course Content:

- Recognition of Priorities
- How to summon help
- Basic Life Support for Infants and Children (Airway Management and CPR)
- Management of an Unconscious Casualty including the Recovery Position
- An Update of any changes in current First Aid best practice procedures
- A review of the First Aid at Work Syllabus

Course Length: 6 Hours

Minimum Age: 16yrs

Group Size: 6-12 Candidates

Cost: £140.00 + VAT per Candidate



Emergency Aid for Door Supervisors

This course is a basic emergency aid course, designed for SIA Badge Holders, giving specific insight into dealing with issues surrounding nightclubs and leisure venues.

Trainers of this course have a good working knowledge and experience of the SIA License and the responsibilities of a door supervisor.

On the successful completion of this course, candidates will receive a certificate, which is valid for 3 year from the assessment date.

Course Content:

- Recognition of Priorities
- How to summon help
- Scene Safety
- Basic Life Support for Infants and Children (Airway Management and CPR)
- Management of an Unconscious Casualty including the Recovery Position
- Management of Bleeding, Fractures and Shock
- Breathing Problems, including Asthma and Hyperventilation
- Needlestick Injuries
- Dealing with the effects of Drugs or Excessive Alcohol
- Preserving the Crime Scene
- Dealing with Assault Victims
- Infection Control
- Patient handover to Emergency Services

Course Length: 8 Hours/1 Day

Minimum Age: 16yrs

Group Size: 6-12 Candidates

Cost: £70.00 + VAT per Candidate



Safeguarding Vulnerable Adults Awareness

- Specifically Designed for Social Care and Residential Care Workers

This course is aimed at Social Care (Domiciliary Care Workers, Day Centre Staff etc) and Residential Care Workers from Carer/Volunteer Level up to Management Level.

On the successful completion of this course, candidates will receive a certificate of attendance, which is valid for 3 years from the assessment date.

Course Content:

- What is Safeguarding Vulnerable Adults
- Categories Of Abuse
- Who Abuses?
- Case Studies
- Recognition Signs of Abuse
- Recording and Reporting Procedures
- What happens now?
- Vetting and Barring Scheme and CRB

Course Length: 4 Hours / ½ Day

Minimum Age: 16yrs

Group Size: 6-12 Candidates

Cost: £60.00 + VAT per Candidate



Safeguarding Children Awareness

This course is aimed at Nursery staff or Youth Leaders, who work with or are around children on a regular basis..

On the successful completion of this course, candidates will receive a certificate of attendance, which is valid for 3 years from the assessment date.

Course Content:

- What is Safeguarding Children
- Categories Of Abuse
- Who Abuses?
- Case Studies
- Recognition Signs of Abuse
- Recording and Reporting Procedures
- What happens now?
- Vetting and Barring Scheme and CRB

Course Length: 4 Hours / ½ Day

Minimum Age: 16yrs

Group Size: 6-12 Candidates

Cost: £60.00 + VAT per Candidate



Basic Moving and Handling (Manual Handling)

This is a generic course aimed at anyone who requires a qualification in moving and handling as part of their role, it explores the basic principles of moving and handling.

On the successful completion of this course, candidates will receive a certificate, which is valid for 1 year from the assessment date.

Course Content:

- What is safe moving and handling?
- Information about the Spine and Spinal Injuries.
- Back Care Advice
- Task, Individual, Load, Environment
- Bad Practice and the effects
- Best Practice
- Summary and Overview

Course Length: 4 Hours / ½ Day

Minimum Age: 16yrs

Group Size: 6-12 Candidates

Cost: £60.00 + VAT per Candidate



Infection Control

This course is aimed at Careworkers, Healthcare Professionals and people working within the Healthcare and Social Care sectors.

On the successful completion of this course, candidates will receive a certificate, which is valid for 3 years from the completion date.

Course Content:

- What is an Infection?
- How can infections be spread?
- The effects of poor infection control
- Personal Protective Equipment
- Best Practice in infection control
- Practical Elements including Handwashing
- Basic Overview and special reminders.

Course Length: 2 Hours

Minimum Age: 16yrs

Group Size: 6-12 Candidates

Cost: £30.00 + VAT per Candidate



Basic Care Skills – Careworker Induction/Refresher

This course is aimed at Social and Residential Careworkers, It can be used to aid the induction of new careworkers into the world of health and social care.

On the successful completion of this course, candidates will receive a certificate, which is valid for 1 year from the completion date.

Course Content:

- The Role of the Careworker (Specifically targeted at either Residential Care/Domiciliary Care)
- Caring Best Practice and recognising poor practice
- Recording and Reporting
- Listening Skills and Communication
- Safeguarding Vulnerable Adults (Basic Awareness)
- Dignity, Choice, Respect and Individuality
- Basic Emergency Aid
- Working Safely (Including Electrical Safety, Fire Safety and Personal Safety)
- Infection Control
- Needlestick Training

Course Length: 2 Days / 16 Hours

Minimum Age: 18yrs

Group Size: 6-12 Candidates

Cost: £140.00 + VAT per Candidate



Needlestick Injuries

This course is aimed at Careworkers, Healthcare Professionals and people working in environments where there is a risk of needlestick injuries. Dealing with both what happens in the case of a needlestick injury, but also, how to safely dispose of needles and other sharps.

On the successful completion of this course, candidates will receive a certificate, which is valid for 3 year from the completion date.

Course Content:

- What is a needlestick injury
- Major infections associated with Needlestick Injuries
- Best practice advice in the event of a needlestick injury
- Safe Disposal of Sharps Items
- Practical Session/Assessment of Sharps Disposal

Course Length: 2 Hours

Minimum Age: 16yrs

Group Size: 6-12 Candidates

Cost: £20.00 + VAT per Candidate



COSHH (Control of Substances Hazardous to Health)

This course is primarily designed for Social and Residential Careworkers and Healthcare professionals.

On the successful completion of this course, candidates will receive a certificate, which is valid for 3 years from the completion date.

Course Content:

- What is COSHH
- What do the Regulations mean
- Good Practice Guidelines
- Recognising Poor Practice
- Substance Data Sheets
- Generic Emergency Aid Advice
- Overview

Course Length: 2 Hours

Minimum Age: 16yrs

Group Size: 6-12 Candidates

Cost: £30.00 + VAT per Candidate



1 Day Mandatory Training/Refresher

This course is aimed primarily at Healthcare Professionals and Healthcare, Residential Care and Social Care Workers, giving a refresher of multiple courses in one day, getting everything out of the way in one hit.

On the successful completion of this course, candidates will receive a certificate, which is valid for 1 year from the assessment date.

Course Content:

- Basic Life Support Refresher
 - Adult Specific for those working with Adults
 - Child and Infant Specific for those working with Children and Infants.
- COSHH Refresher
- Needlestick Injury Refresher
- Infection Control Refresher
- AED Refresher

Course Length: 8 Hours

Minimum Age: 16yrs

Group Size: 6-12 Candidates

Cost: £100.00 + VAT per Candidate



Event First Aider

This course is aimed primarily at people who will be attending events as a First Aider, mainly for private sector organisations providing event medical cover.

On the successful completion of this course, candidates will receive a certificate, which is valid for 3 year from the assessment date.

Course Content:

- Recognition of Priorities
- Emergency Scene Safety
- How to summon help/help available
- Basic Life Support for Adults, Infants and Children (Airway Management and CPR)
- Management of an Unconscious Casualty including the Recovery Position
- Management of Traumatic Emergencies
- Management of Medical Emergencies
- Management of Shock
- Recognition of and Treatment of Major Conditions
 - o Asthma
 - o Diabetic Emergencies
 - o Heart Attack and Angina
 - o Stroke
 - o Seizures
 - o Meningitis
- Choking

Course Length: 4 Days

Minimum Age: 16yrs

Group Size: 6-12 Candidates

Cost: £120.00 + VAT per Candidate



Event First Responder / Advanced First Aider

This course is aimed primarily at people who will be attending events as a First Responder / Advanced First Aider, mainly for private sector organisations providing event medical cover.

On the successful completion of this course, candidates will receive a certificate, which is valid for 3 year from the assessment date.

Course Content:

- Recognition of Priorities
- Emergency Scene Safety
- How to summon help/help available
- Basic Life Support for Adults, Infants and Children (Airway Management and CPR)
- Management of an Unconscious Casualty including the Recovery Position
- Management of Traumatic Emergencies
- Management of Medical Emergencies
- Management of Shock
- Recognition of and Treatment of Major Conditions
 - o Asthma
 - o Diabetic Emergencies
 - o Heart Attack and Angina
 - o Stroke
 - o Seizures
 - o Meningitis
- Choking
- Casualty Care
- Extremes of Heat
- Poisons and Overdoses
- Casualty Management – Outdoor
- Allergic Reactions
- Abdominal Pain/Injuries
- AED (Defibrillation)
- Oxygen Therapy (and Use of Oxygen in Resuscitation).

Course Length: 6 Days

Minimum Age: 18yrs

Group Size: 6-12 Candidates

Cost: £200.00 + VAT per Candidate



Course Packages

It is possible, where you need to set up mandatory training, inductions or regular refreshers, that we can run 2 or more of our courses back to back over 1 or more days, e.g. It is possible to substitute courses for others within our "Mandatory Training" for example, to create a package of courses, which suits your organisation. Where this is the case, please contact us with your requirements and we'll offer you a competitive quotation.

Bespoke Courses

South Coast EMS are able to create courses tailored to the needs of your organisation, Whilst it hasn't been possible to print every different syllabus in this booklet, if you contact us with your requirements, we'd be happy to draw up a training plan to suit your needs.

Course Payments

The cost of each course is detailed at the bottom of the course data sheet, Organisers of bespoke courses will receive a quotation. It is requested that the course fees are paid in advance of the course taking place, normally at or just after the time of booking. All course fees listed are exclusive of VAT and are subject to change at any time without prior warning. The prices are only guaranteed once you've been sent an official quotation.

Course/Candidate Cancellations

It is requested that in the majority of cases, courses are booked giving at least 4 weeks notice.

Courses / Candidate Spaces may be cancelled, but this must be done in writing, amounts remaining payable are listed below:

Cancellation	Whole Course Cancelled	Course Spaces Cancelled
Over 4 Weeks From Course	No Charge	No Charge
2-4 Weeks From Course	10% of Full Cost	10% of Candidate Price
1-2 Weeks From Course	25% of Full Cost	20% of Candidate Price
24hrs to 1 Week	50% of Full Cost	50% of Candidate Price
Under 24hrs or No Show	100% of Full Cost	100% of Candidate Price



Event Ambulance and Medical Cover

South Coast EMS can provide a Full Event Medical Cover Solution including:

- * Emergency Ambulances *
- * Rapid Response Vehicles *
- * Treatment Centres *

all staffed with:

- * Paramedics *
- * Emergency Medical Technicians *
- * First Responders *
- * First Aiders *
- * Nurses *
- * Doctors *

as required by your event.

Contact us for our recommendations and a competitive quote.

T

07826 652400

F

08717 145982

E

info@southcoastmedics.co.uk

W

<http://www.southcoastmedics.co.uk>



Ambulance/Medical Transport

South Coast EMS are able to transport patients to anywhere within the UK by Ambulance or Car.

We can provide:

Emergency Ambulance with Qualified Crew:

Usually including At least one Registered Nurse or Paramedic with an Emergency Medical Technician Driver, designed for ITU/HDU and Emergency Transfers.

Emergency Ambulance with Intermediate Crew:

Crew consists of 2 x Emergency Medical Technicians, able to deal with most emergencies en route, but usable where a Nurse or Paramedic is not required for the journey.

Non Emergency Patient Transport:

Crew consists of at least 1 Emergency Medical Technician and 1 Medic, ideal for discharges to home addresses or transfers to another hospital/treatment centre where the patient is stable and/or self caring.

Ambulance Car Service:

One Emergency Medical Technician in a Car, ideal for discharges home where the patient is fully mobile, or for home visits or regular hospital clinic appointments.

Organ/Blood/Medical Team Transport:

Cars/Ambulances crewed with 1 Emergency Medical Technician, where blue lights and sirens may be required to transport blood/organs or medical teams to their destinations.

Contact us for our recommendations and a competitive quote.

T

07826 652400

F

08717 145982

E

info@southcoastmedics.co.uk

W

<http://www.southcoastmedics.co.uk>





**South Coast Emergency Medical Services
Training Services**
7 Winstone Buildings
Southampton
Hampshire. SO16 7AZ

T

07826 652400

F

08717 145982

E

training@southcoastmedics.co.uk

W

<http://www.southcoastmedics.co.uk>

