

GOOD PRACTICE COURSES Health and Safety Executive - First Aid Course

Accidents can happen anywhere, anytime – a First Aid course will enable you to deal with situations, minor or serious, that could arise both within the Club or outside sport-time. It will give you the ability to help a casualty or to preserve life and limit the effects of the accident whilst waiting for professional help to arrive. The cost of the course includes a reference book and a certificate.

This one day course is a First Aid management course which complies with the health and safety regulations act 1981.

This course is aimed specifically at Sports personnel, its purpose is to learn how to:

1. Preserve life
2. Limit the effects of the condition
3. Promote recovery
4. Take action at an emergency by
 - a) Assessing the situation
 - b) Making the area safe
 - c) Assessing all casualties
 - d) Give emergency aid
 - e) Send for help

Course Date: Saturday 9th April, 2011

Venue: George Carnall Leisure Centre, Kingsway Park, Off Lostock Road, Davyhulme, Manchester M41 7FJ

Time: 9am – 4pm

Fee: £35 for Trafford Personnel £40 for non-Trafford Personnel

Drinks on arrival, mid morning and mid afternoon and a full buffet lunch is provided with this course. Please indicate on the booking form if you prefer vegetarian or have any allergies.

You may return your completed booking form at any time before 21st March to Gillian.prideaux@ntlworld.com To confirm your booking please send your cheque to arrive before 21st March. Alternatively please return your completed booking form by 21st March with your cheque made payable to *Trafford Sports Council*, and send to :

Mrs. G. Prideaux 121 Canterbury Road, Davyhulme Manchester M41 0PT

Health and Safety First Aid course - Saturday 9th April

NAME _____

ADDRESS _____

TEL. NO _____

EMAIL _____

SPORT _____

CLUB _____

Vegetarian lunch option _____

Food allergies (ie. Nuts, Dairy etc) _____

For more than one booking please attach names and addresses to this form and enclose a cheque or cheques for £35/40 per person