

Creating Confident and Competent Physical and Wellbeing First Aiders

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Prima Voca's Purpose

*To enable Physical and Wellbeing First Aiders
to respond proactively and reactively
with confidence and competence.*

Physical First Aid

*Prima Voca provides interactive, engaging training courses, that give first aiders the **knowledge** and **skills** to respond in potentially life-threatening emergencies, whether in the workplace, educational establishment, home or social environment.*

Our focus is on delivering **confidence** alongside **competence**, so if an emergency arises, first aiders will be **equipped** and **feel ready** to respond.

We offer a range of courses for **schools** and **workplaces**, with skills being transferable to **home** and **social situations**.

Courses **comply with Health & Safety Executive guidance**, and delegates are awarded **certificates**, valid for up to three years.



Prima Voca first aid courses are HSE compliant, and include defibrillator training



Course Creator & Certifying Body

Our Physical First Aid Courses

WORKPLACE COURSES

First Aid at Work:

3 days; nationally recognised certificate; HSE compliant

Requalification of above course – 2 days

Emergency First Aid at Work:

1 day; HSE compliant

Annual Update of above course – 3 hours

Essential Life Support & AED:

2½ hours; Resuscitation Council compliant

SHORT & SPECIALISED COURSES

Action for Anaphylaxis:

2 days; Resuscitation Council compliant

Activity First Aid:

2 days; for those working outdoors or in sporting activities

Foundation First Aid:

4 hours; overview

Emergency First Aid for Pharmacists:

1 day; HSE compliant

FIRST AID FOR SCHOOLS & CHILDCARE

Emergency First Aid Training for Schools:

1 day; includes training for anaphylaxis & asthma

Emergency Paediatric First Aid:

1 day; ideal for childcare settings and those applying for Millie's Mark

Paediatric First Aid:

2 days; Ofsted compliant; complies with Early Years Foundation Stage Statutory Framework



Emergency First Aid at Work

The 'Swiss army knife' of first aid courses, supercharged with activities. It prepares delegates for an emergency situation, both in and out of work, and centres around building and implementing an emergency plan.

This is a great course for low-risk and small workplaces, and for larger ones needing additional back-up.

- 1-day course
- Health & Safety Executive compliant
- Certificates valid for three years

We will cover:

- Emergency actions
- Child baby and adult basic life support (CPR)
- Child baby and adult choking
- How to use a defibrillator (AED)
- Head neck and back injuries
- Unconsciousness and recovery position
- Bleeding and burns
- Injuries to the bones, muscles and joints
- Seizures/fitting
- First Aider responsibilities
- ... and lots more

First Aid at Work

The 'Big Daddy' of first aid courses provides a nationally recognised certificate. Highly interactive, will get you super-confident to deal with emergencies both in and out of the workplace.

Suitable for larger and high-risk workplaces, especially those with machinery or lots of manual work.

- 3-day course
- Health & Safety Executive compliant
- Certificates valid for three years

We will cover:

- Emergency actions
- Child, baby and adult basic life support (CPR)
- Child, baby and adult choking
- How to use a defibrillator (AED)
- Head, neck and back injuries
- Asthma, panic attacks, drowning and fumes
- Unconsciousness and recovery position
- Heart attacks, shock, electrical shock and anaphylaxis
- Bleeding, wounds and burns
- Injuries to the bones, muscles and joints
- Concussion, seizures/fitting and diabetes
- Meningitis
- First Aider responsibilities

Essential Life Support

- 2.5 hour 'Mini' first aid workshop with no formal test
- Essentials of what to do if someone is not breathing
- Great for primary care settings.
- UK Resuscitation Council compliant
- Certificate valid for three years

We will cover:

- Emergency actions
- Child, baby and adult basic life support (CPR)
- Child, baby and adult choking
- How to use a defibrillator (AED)

Action for Anaphylaxis

- Fantastic for primary care and childcare settings
- What to do in a life-threatening emergency

We will cover:

- Recognising anaphylaxis
- Using adrenaline auto-injectors (AAIs)
- Emergency actions
- Child, baby and adult basic life support (CPR)
- Child, baby and adult choking
- How to use a defibrillator (AED)
- 2.5-hour workshop with no formal test
- UK Resuscitation Council compliant
- Certificate valid for three years

Emergency First Aid in Schools

This course prepares delegates for an emergency situation both in and out of school, and centres around building an emergency plan, ready to kick in when needed.

- One day course with no formal test
- Health & Safety Executive compliant
- Certificate valid three years

We will cover:

- Emergency actions
- Child, baby and adult basic life support (CPR)
- Child, baby and adult choking
- How to use a defibrillator (AED)
- Asthma
- Anaphylaxis and Adrenaline Auto-Injectors
- Unconsciousness and recovery position
- Bleeding and burns
- Seizures/fitting
- First aid and responsibilities

Settings that need to comply with the Early Years Foundation Stage Statutory Framework should assess their needs, and should consider training their team on our two-day Paediatric First Aid course. Please contact us for details.

Wellbeing First Aid

We can generally see when someone is hurt or unwell, but the symptoms of mental illness are generally less apparent, and those struggling can often go unnoticed and uncared for.

The effects of **mental illness** can be as bad or worse than physical illness. **Stigma** attached to mental health can cause people to suffer in silence, rather than seek support.

According to statistics from the Health & Safety Executive, **stress, anxiety** and **depression** accounted for 17 million lost working days in the UK during 2022. However, the impact of poor mental health goes further than **absenteeism**...

Equally damaging is **presenteeism** - staff continuing to work when they should not be. In most businesses, there will be some struggling on whilst their **creativity, concentration, memory, clarity of thought and energy** are depleted.

The risk of **burnout** is a threat, and consequences can include **errors, missed deadlines, poor motivation**, and the **growth of an unsupportive and unwelcoming environment**.

Ultimately that leads to **poor staff retention, reputational risk** and **difficulty in attracting talent**. Proactive companies seek progressive ways to **nurture employees' wellbeing** culturally and environmentally.

This increasingly includes the provision of '**Wellbeing First Aiders**', who have the competence and confidence to approach a colleague and offer **valuable support** before they hit a **crisis** point. Such an intervention can be a lifeline.

Wellbeing – An Investment not a Cost

The good news for employers is that spending on wellbeing is not just a cost that reduces profitability.

It is an investment that returns many times over.

A 2020 survey by Deloitte showed that the impact of poor mental health costs UK employers £56 billion per year. However, **every £1 spent** on mental health interventions **returns £5** through reduced absence, presenteeism and staff turnover.



MENTAL HEALTH IN THE UK

1 in 4 people will experience a mental health problem this year

1 in 6 people have experienced a mental health problem in the past week

1 in 3 people with long-term physical health problems also have a mental health problem

1 in 10 children (5-16) have a diagnosable mental health problem.

Source: Mental Health UK

372,000 workers are suffering from a new case of work-related stress, depression or anxiety

914,000 workers are suffering from a long-standing case of work-related stress, depression or anxiety

17 million working days lost per year due to work-related stress, depression or anxiety

Source: Health & Safety Executive

Our Wellbeing Courses

Our wellbeing courses give delegates the confidence and competence to respond to a range of mental health issues.

We create advocates for mental health, who can support others on a day-to-day basis, and respond with empathy, understanding and the offer of practical help. In a crisis, they are trained and equipped to offer coping strategies, and signpost formal and informal avenues for further support.

Our courses can be delivered online, in your workplace or at an external location to suit you.



Fundamental Wellbeing First Aid:

2 days; in-depth understanding of common mental health issues, **qualification as a Wellbeing First Aider**, able to offer practical and proactive support to others in need

Fundamental Wellbeing Supporter:

1 day; skills to help others proactively

Fundamental Wellbeing Foundations:

4 hours; foundations of mental wellbeing first aid

Fundamental Wellbeing Essentials:

2½ hours; essential knowledge of mental health



Fundamental Wellbeing First Aid Course

Our flagship course, run over two days, is beneficial for all, not just those wishing to qualify as Wellbeing First Aiders. It combines presentations, video content, case studies, whole group and breakout discussions. It is engaging and interactive, with delegates encouraged to contribute throughout.



Courses can be run online or face-to-face to suit you

Day One

- What is meant by mental health?
- How common are mental health problems?
- Mental health as a spectrum
- Alarm bells and signs of mental health decline
- Mental health in the workplace
- Stigma around mental health problems
- Creating a supportive culture
- Understanding pressure and stress
- Unhelpful coping strategies
- Self care and the I A.M C.A.L.M.E.R approach

Day Two

- Role of the Wellbeing First Aider
- Importance of wellbeing and self-care
- A.C.T.I.O.N.S – a strategy to apply
- Sources of support and pathways to recovery
- Understanding and supporting anxiety
- Eating problems and understanding OCD
- Understanding and supporting depression
- Alarm bells and pathways to support

Meet The Team

Our coaching team comprises educators, counsellors or both, who bring a wealth of academic and real world experience and expertise.

As professionals in the field, we can speak broadly on the subject matter and are able to supplement the course curriculum with our practical knowledge and understanding.

We understand the importance of creating an engaging and supportive learning environment, and our passion for the subject shines through in our inclusive and interactive teaching style, that encourages personal development.



Nigel:
Physical First Aid Coach

Nigel had a 22-year career as a Royal Marine, serving in both peace-keeping and conflict. On retirement, he qualified as a secondary school teacher, delivering the DT curriculum, guiding students through the Engineering Education Scheme and working as a Duke of Edinburgh Awards Scheme leader and assessor.

Nigel now leads the Combined Cadet Force for an education trust, alongside his work as a Physical First Aid Instructor and Assessor.



Lily:
Physical First Aid Coach

Lily has a BSc (Hons) degree in Forensic Science and a fascination with the human mind, behaviour, and the physical environment. As a parent, wanting to be able to respond in a medical emergency, she took a first aid course, and qualified as a Physical First Aid Instructor and Assessor.

Lily enjoys this role alongside her career as a science teacher in a secondary school.

Meet The Team



Caroline:
Wellbeing Coach

Caroline enjoyed a 25-year career in education as an English teacher, Director of English and Consultant. As well as teaching, she mentored teachers and supported staff development.

Caroline later gained a Level 4 Diploma in Therapeutic Counselling and worked in a voluntary capacity, offering support for a range of mental health issues within an adult setting, and as a bereavement counsellor in secondary schools.



David:
Wellbeing Coach

David's background is commercial, with 30 years as an award-winning entrepreneur and business leader. A level 5 Psychotherapeutic Counsellor with his own private practice, he works with a broad range of clients including many facing the challenges associated with C-suite roles.

David offers person-centred therapy for clients struggling with anxiety, depression, relationship problems, bereavement, loss, addiction and overcoming the effects of abuse.



Séan:
Wellbeing Coach

Séan gained a Level 4 Diploma in Therapeutic Counselling and now has a private practice, where he provides person-centred, humanistic and integrative approaches.

Séan has a keen interest in the interaction between physical and mental health, mindfulness and meditation, and values connection with the natural environment through sport and leisure. He is also a college tutor, teaching the next generation of counsellors.

PRIMAVOCA

+ First Call for Physical and Mental Wellbeing

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