



**PROMETHEUS
MEDICAL LTD**

selfSAVE and selfSAVE+ Course

Course Overview

The selfSAVE Courses are designed to provide the lone or remote worker with the confidence and knowledge to provide life saving first aid to themselves or a co-worker. The courses are aligned to Emergency First Aid at Work (selfSAVE) and Forestry First Aid (selfSAVE+) requirements. Training scenarios, particularly during the selfSAVE+ course, will provide both challenging and realistic situations to ensure that students are competent and confident in their abilities to administer or self-administer immediate first aid.

Aim

The selfSAVE Courses aim to equip students with the essential trauma skills so they can deliver lifesaving immediate medical care, to themselves or others, in a remote or lone worker environment.

Entry Criteria

No prior medical qualifications are required to partake in the courses.

Course Content

selfSAVE

Roles and responsibilities of a first aider, assessment of an incident, control of external haemorrhage, recognition and treatment of a casualty in "shock", first aid of minor injuries, treatment of a choking casualty, management of an unresponsive casualty including Cardiopulmonary Resuscitation (CPR), placing a casualty in the recovery position and administer first aid to a casualty experiencing a seizure.

selfSAVE+

As above and as an addition including recognition and treatment of extreme heat and cold casualties, management of crush injuries, management of catastrophic haemorrhage, safe tick removal and recognition and treatment of Lyme and Weils diseases. Training will culminate in several realistic and challenging training scenarios; providing students with confidence in their skills and knowledge. Not your average medical training course.

On-site accommodation is available on a limited, first come – first served basis (B&B basis, ensuite, single rooms) for courses delivered at the Hope-under-Dinmore training venue. Please phone the office on +44(0)

1568 613942 if you would like to book accommodation.