

English CPR & First AID course: EFR

Be prepared to help your customers, friends, family, neighbours and colleagues in a case of emergency! Take an Emergency First Response (EFR) CPR & first aid course, to learn and/ or refresh your skills.

We'll give you the confidence to respond when emergencies arise.



In May 2010 we will organize English EFR (Emergency First Response) courses in Salobreña. If you are interested please sign on at least 1 week in advance. Email: info@seriouslyblue.com

We are a diving school and because of our Rescue Diver Trainings we are also certified to train the all round Emergency First Response course and ensure you will be certified as an official Emergency First Responder*.

Check out the EFR website for more info:
www.emergencyfirstresponse.com

Training dates MAY 2010

Training in Salobreña (Alfa Mar)

Wednesday	12 May	10.00 – 14.00	Part 1 <i>Primary care</i>
		14.00 – 15.00	Lunch
		15.00 – 19.00	Part 2 <i>Secondary care and simulations of emergencies</i>
Tuesday	18 May	10.00 – 14.00	Part 1 <i>Primary care</i>
		14.00 – 15.00	Lunch
		15.00 – 19.00	Part 2 <i>Secondary care and simulations of emergencies</i>

When you arrange a group of at least 4 participants we can come up to your place to do the training over there (extra costs 10 - 15€ costa Tropical, 20-25€ further). We can do the courses every day of the week and the times are flexible, just give us a call **661 018 162** or email us info@seriouslyblue.com and we will work something out.

Keep in mind there is a independent study part which **needs to be done before the start of the course** (approx 4 hours of homework)

The course overview:

The EFR course consists of 2 parts:

1. Primary care (reanimation)
2. Secondary care (first-aid)

9 skills will be taught during the Primary Care section:

1. Scene of the accident assessment
 2. Use of barriers (gloves/pocket mask/ face shield)
 3. Primary assessment
 4. Rescue breathing
 5. Adult CPR (1rescuer)
 6. Serious bleeding management
 7. Shock management
 8. Spinal injury management
 9. Blocked airway/ choking adult
- Two extra skills (optional)*
1. AED (Automated External Defibrillator)
 2. Use of emergency oxygen (useful for dive emergencies)

4 skills will be taught during the Secondary Care section:

1. injury assessment
2. illness assessment
3. bandaging
4. splinting for dislocations and fractures

How to obtain knowledge and skills:

1. Independent study: read the independent study part of the participants manual (approx. 2 hours)
2. independent study: answer the questions at the end of the independent study part (approx. ½ - 1 hour)
3. independent study: watch the ERF DVD (1 ½ hours)
4. participate in the skills sessions given by the EFR instructor
5. participate in the "simulations of emergencies" sessions given by the EFR instructor

The price €160 including VAT per participant

This includes:

- EFR participant manual and DVD
- The use of bandages
- The use of manikin
- The use of barriers
- Lunch (if anything special is required, let us know)
- Certification: when all requirements are met by the participant
- Two sessions of each 4 hours of training (skills, theory and emergency simulations)

Extra costs:

- €20 per participant emergency oxygen training (used in dive accidents)
- €50 per participant AED training (minimum of 4 participants)

If you are interested in one of those extra options, please mention this, as we have to arrange more time and arrange the equipment.

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COSTA TROPICAL AND LAS ALPUJARRAS
SPAIN
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*** Accrediting Organizations**

Emergency First Response courses have been approved or meet the following organizations' guidelines for CPR/First Aid training:

United States

1. [Aerobics and Fitness Association of America \(AFAA\)](#)
2. [American Council on Exercise \(ACE\)](#)
3. [Boise Idaho Child Care Training Network](#)
4. Boy Scouts of America
5. Cal/OSHA
6. [Girl Scouts USA](#)
7. [Illinois Department Of Public Health](#)
8. California Board of Chiropractic Examiners
9. [Board of Massage Therapy State of Hawaii](#)
10. National Academy of Sports Medicine (NASM)
11. National Oceanic and Atmospheric Association (NOAA)
12. [National Strength and Conditioning Association \(NSCA\)](#)
13. [Occupational Safety & Health Administration \(OSHA\), New Mexico](#)
14. Ohio Job and Family Services
15. [United States Association of Blind Athletes \(USABA\)](#)
16. [United States Coast Guard \(USCG\) for a merchant mariner license](#)
17. Occupational Safety & Health Administration (OSHA), Puerto Rico
18. State of Washington Dept of Labor & Industries Accreditation
19. United States OSHA Region 10 – includes federal jurisdiction for Alaska, Washington, Oregon and Idaho
20. Alaska Department of Health and Social Services
21. California Department of Corrections and Rehabilitation
22. North Carolina DHHS Division of Child Development
23. Maryland Institute for Emergency Medical Services Systems (MIEMSS)
24. State of New York Department of Health PAD training
25. Emergency First Response meets the compliance standards of many additional organizations, including Federal OSHA Guideline 29 CFR 1910.151.

International

1. [Health and Safety Executive \(Great Britain\)](#) and (Northern Ireland) for the purposes of first aid in the workplace
2. British Canoe Union (BCU)
3. Espirito Santo Fire Department, Brazil
4. [Italian Resuscitation Council](#)

5. [National Strength and Condition Association \(NSCA\), Japan](#)
6. [Royal Yachting Association](#) – United Kingdom
7. Scouts Association U.K.
8. [SkillsActive - United Kingdom](#)
9. Transport Canada
10. Duke of Edinburgh's Award – United Kingdom
11. SEMICYUC Sociedad Española de Medicina Intensiva, Críticos y Unidades Coronarias (Member of Spanish Resuscitation Council)
12. Department of Community Services (NSW) Australia
13. Department of Communities (QLD) Australia
14. Dept of Education and Training (WA) Australia
15. National Register of Coaches (NROC)– Singapore
16. Queensland Government, Marine Transport Authority, Australia
17. RCNA Endorsement Confirmation, Australia
18. Australia Council for Teaching Swimming and Water Safety (AUTSWIM), Australia
19. NZ Maritime Approval Letter
20. Northwest (UK) SureStart Care for Children
21. Schweizerischer Hängegleiter-Verband
22. Fédération Suisse de Vol Libre
23. Sport For All – Korea Handball Federation
24. Yacht N Company, Korea
25. Philippine Heart Association Council on CPR
26. Nationally Recognised Training in Australia: HLTCP201A, HLTFA201A, HLTFA301B, SRXFAD001A
27. Vocational Education and Training (VET) in Australia
28. Korean Body Guard Martial Arts Association

Emergency First Response meets the compliance standards of many additional organizations, including Federal US OSHA Guideline 29 CFR 1910.15.