

First-aid for Martial Arts

Martial arts classes are required to have a first-aider in attendance during classes. Here finally, is a custom made course for the martial arts.

First-aid trainer Mr Dirk Sumners, as well as having many years' experience of teaching first-aid, has well over 20 years' experience as a martial arts Instructor and holds a 4th Degree black belt in Taekwon-Do. He is also the first-aid officer for Global Taekwon-Do United Kingdom (GTUK). This experience of the martial arts has resulted in a course which not only deals with common injuries associated with training but also meets the requirements of the health and safety executive for first-aiders working in low risk environments (offices, shops, residential care settings etc).

The content covers the basic essentials required to provide emergency care to a patient.

Candidates will receive training in a range of first-aid skills including:

The ability to act safely and effectively when an accident or emergency occurs.

The treatment and priorities of care for an unconscious patient.

The recognition and treatment of a person in seizure.

The recognition of cardiac arrest and delivery of Cardio-Pulmonary Resuscitation (CPR).

The ability to recognise and safely treat a patient who is choking.

The recognition, treatment and rehabilitation of soft tissue injuries.

The recognition and treatment of head injuries.

The ability to recognise and safely treat a patient suffering a dislocation

The ability to safely and promptly treat a patient who is bleeding.

The keeping of simple records following an accident at work.

By choosing a Sumners First-aid Training / WorkSafe training programme you or your students will receive:

*A comprehensive student resource pack for each delegate containing a market leading first-aid reference manual for use during the class and as post course reference.

*Professional training delivered by quality assured instructors and a maximum class size of 12 per instructor.

*Active learning strategies with opportunities for practice in small, relaxed groups monitored by the instructor.

*Fully interactive presentation materials that use a graphical approach to learning.

*The opportunity to complete a course evaluation and register online with the WorkSafe website to access special offers and first-aid related updates.

*Successful candidates will be awarded a qualification in Emergency First-aid for Martial Arts qualification, valid for 3 years and certificated by WorkSafe Training Systems.

Please Note: The HSE recommend that all workplace first-aiders receive annual refresher training in first-aid techniques whilst holding this qualification.

Course Duration 7 hours