



Environmental Services:

Environmental Impact Statements

Environmental Construction Management Plans

Environmental Officer

Sampling & Monitoring Dust, Water, Air Emissions

Consultancy:

PSC H&S Coordinator

PSDP H&S Coordinator

Preliminary Health & Safety Plan

Site Specific Construction Plans

Completion of Safety File

On-site Safety Officer

Safety Statements

Training:

Confined Space

Forklift

Manual Handling

MEWP

Fire Safety Training

Emergency Response

First Aid

Abrasive Wheels

Working at Heights

Heartsaver CPR/AED Course

The Heartsaver AED Course teaches you the basic techniques of cardiopulmonary resuscitation (CPR), how to use an Automated External Defibrillator (AED) and the relief of choking for adults, children and infants. An AED is a computerised defibrillator which analyses the heart rhythm of a person in cardiac arrest and uses voice prompts to advise you if a shock is needed. The AED is an important link in the chain of survival and this course teaches you how to use them effectively.

Aim:

To provide responding personnel with the knowledge and skill to recognise a cardiac arrest, perform Cardiopulmonary Resuscitation (CPR) and use an Automated External Defibrillator (AED).

Objectives:

On completion of this course participants will be able to:

1. Recognise Cardiac Arrest
2. Perform CPR
3. Use an AED
4. Recognise Choking and Treatment
5. Know the steps to take to assist a choking victim

Course Contents:

This course is both theoretical and practical in content.

- Scene Assessment
- CPR
- Basic Life Support (BLS) for Adults & Children
- Use of Infection Barrier Devices
- Choking
- AED
- Infant CPR included on request for free

There is a skills based test at the end of this course.

Course tutors are highly experienced and will ensure class participation so that individual issues will be addressed.

No pre course requirements but English is the language in which training is delivered and participants must have a good command of the English language. If participants wish to bring an interpreter this can be arranged with prior notice which must be given.

Delegates:

All courses have a maximum of **6** delegates.

Duration:

4.5 Hours

Certification:

All participants receive a wallet size certification card from the Irish Heart Foundation and a Trade Safety Ltd Training Certificate valid for two years. **(The Heart Foundation recommends revision is undertaken every 90 days for the 1st year and every 6 months in year 2)**

