



HOLOS

HEALTHCARE & TRAINING Ltd.

CERTIFIED FIRST AID TRAINING WITH OSR

Oxford
School of
Reflexology

Gain the confidence and life-saving skills needed to manage real-life first aid incidents effectively, both in your professional practice and in everyday life.

This course is designed to provide emergency first aid training for practitioners, encompassing issues raised during many years of teaching complementary therapists. It concentrates on:

- ◆ The approach to an emergency and the management of the unconscious casualty;
- ◆ The recognition and first aid management of angina and heart attacks, together with current resuscitation procedures;
- ◆ The recognition, causes and first aid management of asphyxia including choking;
- ◆ Basic HSE legislation together with the legal aspects of first aid relevant to practitioners – including negligence, duty of care etc.;
- ◆ The first aid management of shock and wounds;
- ◆ The recognition and first aid management of various medical conditions including asthma, fits, seizures and strokes;

These courses run using a mix of video footage, PowerPoint presentation, relevant anecdotes, practical work groups and revision sessions.

This course is also taught as part of Oxford School of Reflexology's full practitioner course in Reflexology, and on the day you will be joining OSR students and tutors as well if they are undertaking a refresher course to renew their certificate. This makes for a lively mix of attendees, and lunchtimes and other breaks often see stimulating discussions!

If you are in any doubt about what you would do if your patient needed emergency aid, or if your existing certificate needs renewing, this is a highly stimulating, and fun course. Our students recommend it.

If you would like to attend this course, please fill in and return the attached booking form. **Early booking is recommended**, as there is a strict cap on course numbers.

We look forward to hearing from you and meeting you at the course.

FIRST AID COURSES WITH HOLOS TRAINING

OSR are delighted to be working with Alex Brazkiewicz and Holos Healthcare and Training Ltd.

Alex Brazkiewicz is a state registered paramedic (with over 22 years experience with the London Ambulance Service and Metropolitan Police Force), an Acupuncturist studying Patent Herbs and a Paramedic Assessor for the Health Professions Council. He has a Certificate in Education and also in Paramedic Science and has taught First Aid for over 20 years. Alex is a founder paramedic member of the Faculty of Pre Hospital Care, Royal College of Surgeons (Edinburgh) and is a paramedic member of Trauma Care, a multi-disciplinary UK registered charity, promoting best practice in the management of trauma.

All training with Holos Healthcare and Training is certificated to nationally recognised standards. No prior First Aid knowledge is required to attend

The courses will be held at The Merry Bells Village Hall in Wheatley, directions will be included in your joining instructions. You can bring packed lunches, but a good lunch is also available at local shops. We can provide contact numbers if you are coming from further afield and would like to find overnight accommodation in the local area.

Places are limited and allocated on a first-come first-served basis.

- **Venue:** TBA
- **Cost:** £75 per attendee

To book, please return the slip below with your deposit or full payment to OSR. We will be in touch with a confirmation once we receive your form, and then joining instructions are sent out in good time before the course.

Please note that if you cancel a booking, we can only refund your course fees if given at least one month's notice, or if we can fill your place from a waiting list, which we will make every effort to do.

cut here if you like

First Aid with Holos Training and Healthcare Ltd – TBA

I wish to book place(s) on the above workshop hosted by Oxford School of Reflexology. I enclose a cheque / credit card details for my deposit of £35.00 per person, balance of £40 to be paid on the day. I understand that if I wish to cancel less than one month before the course, a refund can only be given if my place can be filled.

Signed:..... **Date:**.....

Name to be shown on certificate of attendance:	Please debit my <i>Visa / Mastercard / Delta / Switch</i> card for the £35 deposit.
Name you prefer to be known by:	Card No.:
Daytime telephone number (<i>this is important</i>):	Start date: Expiry date:
	Issue No.: Security code: (3 digits on signature strip)
	Exact name on card:

Address:

(If paying by card, and this is not the address your credit card is registered to, please supply the card address overleaf)

Where did you first hear of this workshop?