

Finding information on the Internet

To find information on the Internet you need to read in different ways.

Scanning is looking quickly over a text for **key words** and nothing else.

Skimming is reading quickly to find out if the text is of interest to you.

When you skim, you do not need to read or understand every word. You do **detailed reading** when you know the information is relevant for you.

BBC Health: **First Aid Action**

A fully interactive online **first aid** course from the BBC that informs, educates and entertains whilst leading ... Find your nearest **training** centre here. ...
www.bbc.co.uk/health/**first_aid_action**/ - 23k - 13 Jun 2005 - [Cached](#) - [Similar pages](#)

St John Ambulance - **First Aid Training** and Health and Safety Courses

First Aid Training Courses... **First Aid** for the Workplace. **First Aid** for the General Public. **First Aid** in Schools ...for the Workplace ...for the General ...
www.sja.org.uk/**training**/ - 23k - 13 Jun 2005 - [Cached](#) - [Similar pages](#)

St John Ambulance - The UK's leading **First Aid, Care and ...**

If London wins the bid, St John Ambulance will provide **First Aid** support at the games ... Its mission is to provide **First Aid** and medical support services, ...
www.sja.org.uk/ - 26k - 13 Jun 2005 - [Cached](#) - [Similar pages](#)

First Aid instruction

First Aid Training ADR Training & Fire Awareness. Firstaid Training. CDG (HAZMAT) ADR. FIRE. Welcome To 1st **Aid Training**. [Appointed Persons] ...
firstaidtraining.2cuk.co.uk/ - 17k - 13 Jun 2005 - [Cached](#) - [Similar pages](#)

British Red Cross **First Aid Training - First Aid Courses News and ...**

British Red Cross **First Aid Training**, News and Updates, Welcome to the news and update section of the British Red Cross Commercial **Training** division.
www.redcrossfirstaidtraining.co.uk

First Aid Training Courses...



...for the Workplace



...for the General Public

Other Training Courses...



...in Schools



Manual Handling Training

Task

You have been a First Aider at work for a number of years now.

You want a course to bring your skills up to date for your workplace.

Find the right course for you!

First scan the search page for key words. Look for First Aid, training and workplace.

Now scan this page for key words.

Scan this list for key word(s).

When you have found the words you want, click on them to get more information. You will then skim and scan again page by page until you find what you are looking for.

Home > Train with St. John > **First Aid in the Workplace**

Train with St. John

- ▶ First Aid in the Workplace
 - **First Aid at Work**
 - **FAW Requalification**
 - **Skills update**
 - **Appointed Persons**
- ▶ First Aid for the General Public
- ▶ First Aid in Schools
- ▶ Defibrillators
- ▶ Moving and handling
- ▶ Health and Safety
- ▶ Defibrillators
- ▶ Fire Marshal training
- ▶ Request a Training brochure
- ▶ Manual Handling Training

First Aid for your workplace

Become a First Aider and you'll make a real difference to the well-being of your colleagues.

As a qualified First Aider you'll have the essential skills to handle any First Aid situation, from minor slips and trips to the most serious of incidents.

First Aid provision in the workplace saves lives. It can prevent minor problems or injuries from becoming major ones. It can help employers reduce costs from injury. And it is a legal obligation on every single employer to make sure that their employees receive the right First Aid care in the workplace.



Next skim the page to see if it is interesting or relevant to you.

Finding information on the Internet

You already have a First Aid certificate, but you want to find a course to bring your skills up to date.

- 1 Read the information below in detail. Then decide if this is the right course for you, and say why.
- 2 If it is the right course, what do you have to do to join it?

<http://www.sja.org.uk/training/courses/workplace/skillsUpdate.asp>

Skills Update/Practice Session

The course provides First Aiders in the workplace with an opportunity to practise and update their skills at any time during their three-year period as a qualified First Aider, so that they remain prepared for an emergency. *We recommend that they attend at least once during this time, especially if First Aid incidents are rare in their workplace.*

Who should attend

- A person who holds a current First Aid at Work certificate

What they will learn

- This session builds First Aiders' expertise and confidence by involving them in realistic situations with simulated casualties.

Course duration/content

- The course is tailor-made to meet the delegates' need to refresh the skills gained from their First Aid at Work training.

Assessment

- Practical Scenario sessions

Certificate

- A certificate of attendance may be issued with this course on request.

Search for Skills Update courses:

See also:

- ▶ First Aid at Work
- ▶ FAW Requalification
- ▶ Emergency Aid for Appointed Persons
- ▶ Run this course at your venue
- ▶ National Contracts
- ▶ Request a brochure

Our skills update/practice session gives First Aiders the chance to refresh their skills.