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Training

## PEOPLE MOVING AND HANDLING - DURATION 7 HOURS



This course is for individuals working in the Healthcare Industry and aims to provide the theory and practice of safe patient moving & handling. It has of two main components, theoretical considerations, and practical applications. The theoretical section involves introducing the issue of manual handling and the corresponding problem of back injuries in the workplace, legislation in this regard, following up with an explanation of safe handling practices. The

most up to date information on patient risk assessment and considerations in terms of manual handling completes the theory section. Inanimate exercises and people handling scenarios are explained, demonstrated, and practiced with course records compiled during each course. Tasks include moving inanimate objects, pushing, and pulling, standing, and sitting the patient, walking the patient, rolling/moving the patient in a bed, sitting to sitting transfers, repositioning the patient in a chair, and assisting the fallen patient.

This encourages minimal handling in the healthcare environment whilst promoting safe patient care.

## MANUAL HANDLING - DURATION 3.5 HOURS

Suitable for all business operations that involve the handling of loads, manual handling training is delivered under the Health and safety at Work, General Application Regulations 2007. The course comprises of two main components, theoretical considerations, and practical applications. The theoretical section involves introducing the issue of manual handling and the corresponding problem of back injuries in the workplace, legislation in this regard, following up with an explanation of safer handling practices and risk assessment. The practical section involves an explanation, demonstration, and practice of the safe manual handling of inanimate loads to and from the ground and from a variety of heights. It also includes pushing & Pulling.



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## BLS Healthcare Provider - DURATION 5 HOURS



BLS (Basic Life Support) for Healthcare Provider Course is for medical, para-medical, and allied healthcare professionals. The skills taught include adult and pediatric CPR including two rescuer scenarios, use of bag valve mask and barrier devices, management of foreign body airway obstruction (FBAO) and use of Automated External Defibrillator (AED).

The course is approved by the Irish Heart Foundation and the American Heart Association and is widely recognized both nationwide and worldwide. All teaching is evidence based and in accordance to the training guidelines set down by the AHA, including theory and practical assessment.

## Heartsaver AED - DURATION 4 HOURS



The Heartsaver CPR AED Course is ideal for anyone who wants to learn CPR and how to use an AED and would like to receive a course completions card. The 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. The course is approved by the Irish Heart Foundation and the American Heart Association and is widely recognized both nationwide and worldwide. All teaching is evidence based and in accordance to the training guidelines set down by the AHA and includes a practical assessment. It is suitable for most work sectors including homecare, hospitality, and industry.

### INFECTION PREVENTION AND CONTROL - DURATION 3.5 HOURS



This short program aims to deliver to staff the simple and most effective knowledge and practices to reduce healthcare associated infections (HCAIs) in their workplace. The content is set out in accordance with the Health Management Institute of Ireland learning program topics include the chain of infection, hand hygiene technique and focus on when hand hygiene should be performed including the five moments. A short MCQ test paper is completed to finish.

### Safeguarding Vulnerable Adults - DURATION 3.5 HOURS

The Aim of this course is to teach participants how to recognize and respond to the various forms of abuse of vulnerable adults. The objectives of this course include but are not limited to the following: Definition of a Vulnerable adult, types of abuse, safeguarding and promoting welfare, key considerations in recognizing abuse and the procedure for responding to concerns and allegations of abuse of vulnerable adults.



By the end of this short half day programme participants will be familiar with the contents of the HSE Trust in Care document. Participants will be made familiar with the guiding principles of "Trust in Care" namely:

Preventative: to outline the importance of the proper operation of human resource policies in communicating and maintaining high standards of care amongst health service staff. Procedural: to ensure proper procedures for reporting suspicions or complaints of abuse and for managing allegations of abuse against health service staff in accordance with natural justice.

### First Aid Responder – PHECC Accredited - DURATION 3 Days



The First Aid Responder training course provides appropriate training to individuals and groups who require a first aid skill set including cardiac first response.

PHECC has designed the First Aid Response (FAR) Standard to offer appropriate training to individuals and groups who require a first aid skill set including cardiac first response. This standard is designed to meet first aid and basic life support (BLS) requirements that a person known as “First Aid Responder” may encounter. The FAR Standard meets the Health and Safety Authority (HSA) requirement for occupational first aid training for the workplace. The Child and Family Agency (TUSLA) guidance also recognizes FAR as the standard for childcare.

Course duration 3 days & certified for 2 years. Refresher course to be completed every 2 years in order to keep your qualification active and recognized.

### Covid-19 Specific Protocol For First Aid Responders – Duration 1 hour



This course is the new add on module for FAR training. It includes the following: SARS NCOV2 (COVID-19), chain of infection, infection control and standard precautions, respiratory hygiene, CPR, Physical and mental wellbeing, and doffing and donning of PPE

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## Fire Safety – Course Duration Varies



We offer various Fire Safety awareness courses that cover Fire fundamentals, chemistry of fire, classes of fire, fire prevention and fire emergency procedures. Our courses are very comprehensive that are designed designed to offer an in-depth approach to fire safety in the workplace. All aspects of fire safety from prevention to reaction is

covered, including instructions to the various types of equipment your staff are likely to find onsite. The message throughout is prevention. Courses available are Online Fire safety Awareness, Fire Warden Training and Evacuation Chair Training.