



**Duration: 1 Day**

**Cost: £495.00 + VAT**

**Max No. Of Delegates: 12**

## Why Team Building Is So Important?

Team Building activities improve workplace projects that involve teamwork. After completing team building activities together, employees better understand each other's strengths, weaknesses, and interests. This understanding helps them work even better together on future progress vital to a company.

This Team Building session will not take away the seriousness of a certified First Aid course, but interactive roleplaying exercises will be introduced to encourage teamwork, rather than individual based exercises. Blindfolds, headphones and other impediments will be introduced in order to effectively enhance the communication, co-ordination and cohesion of your team members.

Not only are you leaving the session with an improvement to your team's performance and efficiency, you will also be leaving with valuable First Aid knowledge.

## Benefits From Attending The Emergency First Aid Team Building Session:

- Work more effectively as a team
- Communicate better as a team
- Revitalise your team with a lift of morale and an increase in energy
- Create trust between team members
- Recognise the individual strengths, weaknesses and skills within your team

## Course Contents:

- Assessing an incident
- Dealing with an unresponsive casualty
- Recognise and assist with choking
- Control of external bleeding
- Dealing with shock
- Manage a minor injury
- Practising Cardiopulmonary Resuscitation (CPR)
- Understanding the principals of Automated External Defibrillation (AED)

**Please Note: This is not a certified First Aid at Work course, some of the above contents will be covered during the accredited courses.**

