

# Safeguarding Adults and Children Training

This FREE **Safeguarding Adults & Children** course will cover:

- Definition of an adult, child and young person.
- Recognising acts, signs and symptoms of abuse.
- Types of abuse.
- How to safeguard individuals from abuse.
- What to do should you have a concern.
- How to respond to an individual should they disclose a concern.

**Thursday 26th March 2020**

**09:45—16:00**

IP City Centre  
1 Bath Street  
Ipswich  
Suffolk  
IP2 8SD



**To Book**

Call 01473 603876

Email [suffolk@silmail.org](mailto:suffolk@silmail.org)

If you have any queries, please do not hesitate to contact Suffolk Independent Living on the number/email above and we will be more than happy to help.

# Emergency First Aid at Work Training

This FREE 3 year qualification will equip the first aider with skills to be able to confidently undertake emergency first aid if someone becomes ill or injured at work. The content covers the basic essentials required to provide emergency care to a patient. Candidates will receive training in a range of first aid skills including:

- The ability to act safely and effectively when an accident or emergency occurs.
- The treatment and priorities of care for an unconscious patient.
- The recognition and treatment of a person in seizure.
- The recognition of cardiac arrest and delivery of Cardio-Pulmonary Resuscitation (CPR).
- The use of an automated external defibrillator (AED)
- The ability to recognise and safely treat a patient who is choking.
- The ability to safely and promptly treat a patient who is bleeding.
- The keeping of simple records following an accident at work.

**Tuesday 10th March 2020**

**09:45—16:00**

Equal Lives  
15 Manor Farm Barns  
Fox Road  
Framingham Pigot  
Norwich  
NR14 7PZ

**Thursday 12th March 2020**

**09:45—16:00**

IP City Centre  
1 Bath Street  
Ipswich  
Suffolk  
IP2 8SD

**To Book**

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# Moving and Positioning Training

Employers must ensure they reduce risks to staff by:

- Avoiding those manual handling tasks that could result in injury, where reasonably practicable.
- Assessing the risks from moving and handling that cannot be avoided.
- Putting measures in place to reduce the risk, where reasonably practicable.

This FREE one-day training will address all of these points, including:

- Explaining the legal aspects of Moving & Positioning the body, and what can go wrong during moving and positioning.
- Demonstrate the principles of safe moving and handling.
- Practical session - using slide sheets, hoists, slings and other equipment.

**Tuesday 24th March 2020**

**09:45—16:00**

IP City Centre  
1 Bath Street  
Ipswich  
Suffolk  
IP2 8SD



**To Book**

Call 01473 603876

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# Managing Behaviour and Autism Awareness Training

This FREE one-day training will look at two different aspects:

**Managing behaviour:**

- 'Challenging Behaviour'.
- The nature of 'the problem' and the 'Solution' for the individual.
- 'Solutions' to be avoided.
- The Person Centred Solution.

**Autism Awareness:**

**Autistic Spectrum Condition (ASC)** is a lifelong developmental disability that affects how a person communicates with, and relates to, other people. It also affects how they make sense of the world around them. We will look at how this affects the support individual's need.

**Wednesday 11th March 2020**

**09:45—16:00**

Equal Lives  
15 Manor Farm Barns  
Fox Road  
Framingham Pigot  
Norwich  
NR14 7PZ

**Wednesday 25th March 2020**

**09:45—16:00**

IP City Centre  
1 Bath Street  
Ipswich  
Suffolk  
IP2 8SD

**To Book**

Call 01473 603876

Email [suffolk@silmail.org](mailto:suffolk@silmail.org)

