Hope you enjoyed the recent training you took part in and trust you have not had to use the skills you learned so far.

As with all skills we learn they fade with time, to help reduce your skill fade there are links for further reading.

If you have any further questions/ comments please do not hesitate to

contact me:- Brianadamsonmarine@gmail.com

Best regards Brian







# **Resuscitation council UK**

http://www.resus.org.uk/

## Association of first aiders

http://www.aofa.org/ (insurance and conferences)

# Health and safety executive Frequently asked questions

http://www.hse.gov.uk/firstaid/faqs.htm

#### RIDDOR

http://www.hse.gov.uk/riddor/

## **Allergies**

http://www.anaphylaxis.org.uk/

#### **Heart attacks**

http://www.bhf.org.uk/heart-health/conditions/heart-attack.aspx

## Stroke

http://www.stroke.org.uk/

## **Epilepsy**

http://www.epilepsy.org.uk/

#### **Diabetes**

http://www.diabetes.org.uk/

#### **Asthma**

http://www.asthma.org.uk/

## Burns

http://www.britishburnassociation.org/

# NHS

http://www.nhsdirect.nhs.uk/

http://www.nhs.uk/Conditions/Pages/hub.aspx

http://www.nhs.uk/ServiceDirectories/Pages/ServiceSearch.aspx?ServiceType=GP

#### Post traumatic Stress

http://www.rcpsych.ac.uk/mentalhealthinfo/problems/ptsd/copingafteratraumaticevent.aspx

# NICE guidance Post-traumatic stress disorder (PTSD)

http://www.nice.org.uk/guidance/index.jsp?action=download&o=29782

## **British Travel Health Association**

http://www.btha.org/

# Royal geographic society

http://www.rgs.org/OurWork/Publications/EAC+publications/Expedition+Handbook/Health+and+safety.htm

# on line copy of the course manual

http://www.qualsafe.com/fame\_pageflip.html





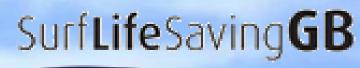
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