

CYMORTH CYNTAF - PERSON APWYNTIEDIG

FIRST AID - APPOINTED PERSON

Y Cwrs

Caiff y cwrs 1 diwrnod ei gyflwyno gan hyfforddwr achrededig o Sant Ioan Cymru yng Nghanolfan Fwyd Cymru.

Pwy ddylai ddod?

Unrhyw un sy'n gweithio i gwmni bach risg isel y mae arno angen rhywun i roi Cymorth Cyntaf.

Ynglŷn â'r cwrs?

Prif gyfrifoldebau'r Person Penodedig yw sicrhau bod y blwch Cymorth Cyntaf yn llawn o'r pethau angenrheidiol, bod yn gyfrifol os bydd damwain ac os bydd angen bydd yn galw ambiwlans.

Gallai'r cwrs fod yn fuddiol i'r cwmnïau mwy o faint, risg uchel sy'n gweithio shiftiau, sy'n gweithredu ar sawl llawr ac y mae arnynt angen cefnogaeth ar gyfer y person sydd ganddynt yn rhoi Cymorth Cyntaf ar hyn o bryd sydd wedi ennill cymwysterau'r Awdurdod Gweithredol Iechyd a Diogelwch.

Cynnwys y cwrs:

- Golwg ar y Rheoliadau Iechyd a Diogelwch (Cymorth Cyntaf)
- Blaenoriaethau Cymorth Cyntaf
- Rheoli damwain
- Dadebru (CPR)
- Trin rhywun sy'n anymwybodol
- Beth i'w wneud os bydd rhywun yn colli gwaed
- Trin sioc
- Trin trawiad ar y galon
- Trafodaeth gyffredinol ynglŷn ag anafiadau cyffredin y gweithle

Asesu

Bydd yr hofforddydd Sant Ioan yn asesu'n barhaus drwy gydol y cwrs.

Cwblhau

Ar ôl cwblhau'r cwrs caiff yr ymgeiswyr dystysgrif Person Penodedig Sant Ioan a bydd honno'n ddilys am dair blynedd.

Gwybodaeth am y Cwrs

Hyd: Rhaglen hanner diwrnod

Asesu: Arholiad dewis amrywiol

The Course

The 1 day course is delivered by a St John Wales – Cymru accredited trainer at Food Centre Wales.

Who should attend?

Any person who works for a small, low risk company that need cover for basic First Aid.

About the course?

The main responsibilities of the Appointed Person is to ensure that the First Aid box is well stocked, be responsible in the event of an accident and if necessary, call for an ambulance.

This course can benefit the larger, high risk companies that operate shift work, carry out their work on many floors and who need support for their existing HSE qualified First Aider.

The course content:

- Insight into Health & Safety (First Aid) Regulations
- Priorities of First Aid
- Managing an incident
- Resuscitation (CPR)
- Treating an unconscious casualty
- How to treat blood loss
- Treating shock
- Treating a heart attack
- General discussion on common workplace injuries

Assessment

There is continuous assessment throughout the course by the St John trainer.

Completion

On completing this course candidates will receive a St John Appointed Person certificate which is valid for three years.

Course Information

Duration: One day programme

Assessment: Multiple-choice examination