

First Aid

Everyone home safe and sound at the end of the day





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Every day, we experience how important it is to be able to have a safe home and travel, live and work safely. That means safety and health are a key pillar of our society. Unfortunately, in all industries in the Netherlands, injuries, health risks and work-related illnesses are still the order of the day.

As an employer and/or client, you are responsible for creating a safe working environment. Your employees need to know what any visible and invisible work risks are, how to work safely, and how to respond adequately in the event of an emergency. And this is where we come in. We believe the health and safety of all of us is priority number one.

Consequently, this is what drives us: helping everyone return home safe and sound at the end of the working day. We combine our many years of experience and knowledge about health and safety at the workplace with our training knowledge. This allows us to create innovative teaching solutions and contribute to a safer and healthier working environment.

112BHV has been training people on workplace safety for over 40 years and we are now the leading safety specialist within the Salta Group. Our excellence is achieved through three main principles:

1. Educational innovation

For us, the goal of learning is to achieve conscious safer behaviour, allowing our participants to contribute to the safety of the organisations in which they work. We take existing knowledge as a starting point by working with the Flipped Classroom concept. Participants first go through the theory independently and then work on it with others during the lesson.

We use adaptive e-learning modules to help participants learn the theory. Since each participant is unique, the study material should be too. By applying the six principles of brain learning, we can adapt the theory to the requirements and learning preferences of each individual participant. In this way, we facilitate the learning process and increase learning efficiency.

Since participants learn with others at and about their own workplace, they learn much more than they would on their own. So we encourage them to contribute practical examples during the sessions. Through discussions, collaboration and mutual explanation, we achieve a demonstrably higher learning success rate. All our trainers facilitate this learning process. This way, participants learn with and from each other, and we end up training professionals who can apply the new knowledge and skills straight away.

2. Quality!

We are committed to offering quality services. Our programmes are written by internal and external content and training professionals and we work together with recognised industry associations and examination agencies. In addition, our training courses are taught by people who have plenty of practical experience.

This combination makes for high-quality, challenging and educationally innovative training courses that we are truly proud of.

3. Partner in safety

As a training agency, we offer you security and flexibility. Security because our training leads to industry-recognised certification, always based on the most up-to-date insights and legislation. And because it is possible to start immediately and learn at any time and in any location, we also offer the best possible flexibility. Moreover, in terms of content and learning methodology, we always adapt to the experience and learning requirements of the target group. In doing so, we focus on preventing and limiting emergencies, so your employees can return home safe and sound at the end of the day.

Learning vision

Working safely and getting home safe and sound at the end of the day.

This is something you and your colleagues aim for, and undeniably, it is also the objective of the organisation where you work. To 112BHV, the ultimate aim of its training is the realisation of this goal. At work, you are not just responsible for your own safety. Your behaviour also affects the safety of your colleagues and the organisation where you work. This is why our courses focus on the pillars of risk-based learning, the link with the workplace, and effective learning.

Learning about the risks at your workplace

During our safety training courses, we focus on the risks in your own work environment. This work environment and your work activities determine the risks you face and what you need to know so you can carry out your work safely. We adapt the content of the courses, practical exercises, scenarios and/or cases accordingly. This means that you learn what is relevant to you in practice. You will learn to relate and apply the knowledge and skills you acquire directly to your work. This will immediately improve your own safety and that of your colleagues.

Link with real-world situations

It is essential that you can apply what you learn in practice. For this reason, all our courses are based on the Active Learning Principle. This educational model is based on motivational learning and constantly involves you in the translation of theory into practice in various learning settings. In this way, we connect the subject matter with real-world situations using motivational work formats in online modules, during practical sessions and during on-the-job practice. This allows you to learn continuously, both in the classroom, online and at work. As a result, interaction, inspiration, recognition and enjoyment of learning are guaranteed parts of your learning experience.

Learning with and from each other

In addition to applying the Active Learning Principle, we want to ensure that you learn with and from the other participants. Dale's Pyramid of Learning (Dale, 1954) shows that we remember new theory and skills best when we discuss them with others, actively practice them in real-life situations and explain or demonstrate them to others.

That is why, in our training courses, we connect experienced participants with participants with less or no experience. In this way, as a less experienced participant, you can learn a lot from discussing subjects with an experienced participant and carrying out practical assignments together. As a less experienced participant, the practical knowledge of the experienced participant provides you with a clear picture of the real-life situation, which makes you better able to apply what you have learned in practice.

As an experienced participant, you can update your knowledge and skills and learn to assess and tackle new risks, for example in the case of hybrid working. You can also apply the knowledge you have acquired in practice. In addition, as an experienced participant, you will learn from discussions with and the experiences of other participants. For example, through the questions and fresh eyes of less

experienced classmates, which can provide you with new insights into how to simplify, improve or take a different approach to processes or working practices to increase safety.

Effective learning

In addition to making a solid connection between learning and practice, we believe it is important that you are motivated and challenged during learning, and learn as efficiently and effectively as possible. That is why our training courses are as blended and adaptive as possible. This means that we often transfer theoretical knowledge via e-learning, and practice with skills and the application of the theory in real-world situations during practical sessions.

Through the use of adaptive e-learning, you can go through the theory at your own pace, only learning the theory that is relevant to your job, or just learning the theory of the learning objectives that you have not yet mastered. This way, you will not be bogged down with unnecessary information and stay motivated by the relevance of the information.

Scientific research has shown that the use of the different senses increases learning efficiency. The senses store information at different locations in the brain. Learning while using multiple senses therefore means that your brain stores what you have learned in multiple locations. This means it creates more connections, which increases learning efficiency (Ruyters & Simons, 2012). That is why 112BHV has chosen to use various teaching materials and apply the Brain-based Learning model to all.

Remembering more easily

Brain-based Learning is a method that aligns learning with the natural functioning of the brain. According to the Brain-based Learning principle, learning is all about creating new, strong and extensive connections between brain cells. To achieve this, the method uses six brain principles (emotion, creation, sensory richness, focus, repetition and building). By applying these six brain principles to our teaching materials and methods, we help you to better remember the knowledge and skills you have acquired, and learn efficiently and effectively.



First Aid

The first aid training course offered by 112BHV is suitable for anyone who wants to learn to perform first aid in a safe and effective way. The student first completes the official e-learning module of the Red Cross so they are well prepared for the practical session that follows. During the e-learning module, the student learns to assess the condition of the victim and various wounds and injuries. This includes recognising unconsciousness, a stroke, burns, broken bones and vertebral injuries.



Target audience

Anyone who has been designated as a first aider or has volunteered to be one. Anyone who wants to be able to properly administer first aid or who wants to repeat the training course and renew their First Aid diploma.

Purpose

Upon completion of this training course, the student is expected to be capable of:

- Providing a safe environment.
- Moving a person to safety.
- Assessing the person's condition and establishing injuries.
- Alerting the emergency services (EMS).
- Administering first aid to a person in case of:
 - choking (foreign body airway obstruction)
 - requiring Basic Life Support
 - unresponsiveness
 - neck and spinal injuries
 - cuts and grazes
 - burns
 - (severe) bleeding
 - life-threatening bleeding
 - muscle, bone and joint injuries
 - poisoning
 - chest pain
 - stroke

Approach

The First Aid training course consists of an e-learning module and practical session. During the e-learning module of the Red Cross you learn to recognise the various injuries and what to do in which situation. The e-learning module takes 6-8 hours to complete. After completing the e-learning module, you can participate in the practical session. During the 4-hour practical session, the student will practice various first aid actions. Some examples of first aid actions that will be practiced are: resuscitation, using an AED, applying bandages and applying abdominal thrusts in case of choking.

Certificate

During the practical first aid session, under the supervision of a Red Cross certified instructor, the student is assessed on the practical actions he performs. If the student passes the assessment, they will receive a recognised digital First Aid certificate. The certificate is valid for 2 years.

Programme

The following topics are covered:

- Safety of yourself and the victim.
- Alerting the emergency services.
- Resuscitation (including AED use)
- Giving first aid to victims who are unconscious, choking, or suffocating and those with bruising, sprains, dislocations, skin wounds, broken bones, bleeding, poisoning, burns, neck and spine injuries, chest pain and stroke.

Incompany

How do you ensure that your employees remain aware of the safety risks at their workplace and that their knowledge of the safety measures and protocols is and stays up-to-date? 112BHV can help you and take the process out of your hands with an in-company programme.

Pros

Focus on the working practices of the organisation. Your employees will learn all about what is relevant to the situation and the risks in your company, without irrelevant material. They will work on cases and assignments that apply to their own work.

You decide when the training takes place. We take care of the right coordination between classroom lessons and e-learning. You choose the location for the lessons, which can be at one of our training locations throughout the Netherlands or at your own site.

Our teachers and trainers are active within the industry. They have extensive work experience and know exactly what the current issues are. They can draw on a wealth of practical experience and thus support the theory with their own experiences.

Participant administration

Organising training courses can be a real headache: from sending out course invitations to recording when certificates expire and keeping up with changes. 112BHV will gladly take this paperwork out of your hands. It is also

possible to discuss linking our e-learning courses with your own administration through an LTI or API link.

Reporting tool

Contacts from the companies we work with will have access to our handy reporting tool. You can view the training progress of the employees in the 112BHV Academy at any time.

This system allows you to view:

- Which parts of the course your employees have completed.
- Attendance at practical sessions.
- Validity of certificates.

You can easily export the details of the participants to Excel for your own administration.

We operate in many industries, including education, hospitality, energy, waste management, government, oil and gas extraction, oil refinery, manufacturing, healthcare, food, and paper/cardboard. Would you like to find out what we can do for you? Then please do not hesitate to contact us: sales@112bhv.nl, +31 (0)35 - 76 05 112.

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Emergency response instructor Henk de Bruin fully agrees with the motto that we must ensure that everyone returns home safe and sound at the end of the working day.

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Emergency Response instructor Henk de Bruin worked in logistics at a large multinational, but his love for emergency response work was instilled in him at an early age. 'Everyone in my family is an aid worker in one way or another,' Henk explains. He obtained his Emergency Response (BHV) diploma, but it turned out working in logistics proved difficult to combine with emergency response work. 'At a huge multinational like this, logistics keep going 24 hours a day, making it difficult to schedule company Emergency Response courses.'

But he enjoyed passing on knowledge and teaching. 'I was already involved in training people. And when I had to look at other career opportunities because of a takeover, I did several tests. These also revealed that I really love teaching people. Then I obtained my first aid diploma and a number of instructor diplomas. Through the Red Cross in Wageningen, I have worked as an aid worker at liberation parties, and also gained plenty of experience with events,' says Henk.

The importance of passing on knowledge

In addition to Emergency Response training, Henk also gives Head of Emergency Response training and Prevention Officer training. His main motivation for standing in front of the classroom is a keenness to pass on knowledge. 'I love sharing my knowledge and experience with others. In the case of Emergency Response officers, for example, they need to know what they should do when something untoward happens. Responding to something like that is not as easy as you may think, and I want people to feel confident to do something when necessary.'

'I fully agree with the motto that we must ensure that everyone returns home safe and sound at the end of the working day. And that is something you work on together. While doing so, I also ensure all my teaching responds to the current situation and events.'



Contact

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