# Anaphylaxis Awareness & Auto-Injector

## Course Objectives

At the end of the course delegates will be able to:

- Demonstrate a thorough understanding of anaphylaxis
- Demonstrate an understanding of the causes of anaphylaxis
- Recognise the signs and symptoms of anaphylaxis
- Competently administer an auto-injector

## Who is the Course for?

This course is for anyone who has the responsibility for looking after anyone who suffers from the condition of anaphylaxis. It is popular with child care professionals and teachers.

## Instructor / Trainee Ratio

<table>
<thead>
<tr>
<th>Min</th>
<th>Max</th>
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<tbody>
<tr>
<td>1:6</td>
<td>1:20</td>
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## Duration / Format / Assessment

This is a short course (2 hours)

## Awarding Body / Certification

Cognet Limited

## Course Content

- Understanding what anaphylaxis is
- Common causes of anaphylaxis
- Signs & symptoms
- Management of anaphylaxis
- Safe use of the auto-injectors
- Action plan

## Course Requirements / Notes

## Further Information / Contact Us

Cognet Limited  
County House  
St Mary Street  
Worcester  
Worcestershire WR1 1HB  
Telephone: 0800 7811041 or 01905 28326  
Email: info@cognet.training  
Web: www.cognet.training
**training timetable**

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
<th>Duration</th>
</tr>
</thead>
<tbody>
<tr>
<td>09:30 – 09:40</td>
<td>Domestics, Review timetable for the training session</td>
<td>10 mins</td>
</tr>
<tr>
<td>09:40 – 09:55</td>
<td>The legal position of the use of adrenaline in the workplace</td>
<td>15 mins</td>
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<tr>
<td>09:55 – 10:15</td>
<td>Understanding anaphylaxis</td>
<td>20 mins</td>
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<tr>
<td>10:15 – 10:30</td>
<td>Causes and triggers</td>
<td>20 mins</td>
</tr>
<tr>
<td>10:30 - 10:50</td>
<td>Signs and symptoms</td>
<td>20 mins</td>
</tr>
<tr>
<td>10:50 – 11:10</td>
<td>Management of anaphylaxis including risk assessment</td>
<td>20 mins</td>
</tr>
<tr>
<td>11:10 – 11:30</td>
<td>Practical session on the safe use of auto-injectors including Q&amp;A</td>
<td>20 mins</td>
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Please note that the above is for guidance only. Actual course timings may differ.

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**pre-course reading**

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**awarding body contact details**