

# First Aid

## Introduction

First aid saves lives and knowing what to do in an emergency can make all the difference. First aid is a simple skill, but it has an incredible impact.

This first aid course is suitable for anyone who wants to learn first aid: covering all the major first aid topics and including basic everyday skills to coping with emergencies.

In this course, we cover all the major topics for adult first aid, and child and infant first aid. We also look at life saving first aid techniques, like the primary survey for assessing casualties, and look at the role of a first aider.

**PLEASE NOTE:** *This course does not replace the need for all First Aiders to be trained and assessed through face to face classroom training. The online course can act as a refresher for those that are already qualified as a First Aider but are not yet due to undertake their classroom annual refresher or re-qualification training.*



## Audience

This course is suitable for anyone who wants to learn about first aid or who wants to refresh their existing first aid knowledge, including:

- Parents and carers
- Office workers and public sector staff
- Health and social care staff
- Public

## Objectives

In this course you will learn:

- First aid principles
- Adult, child and infant CPR
- Using an Automatic External Defibrillator (AED)
- First aid and choking
- First aid for heart attacks and cardiac arrest
- How to treat severe bleeding and burns
- First aid for fractures
- First aid for asthma and allergic reactions
- First aid for treating seizures and epilepsy

## Content

Here are some topics covered in the modules:

What is the role of a first aider; The principles of first aid; What CPR is and how to use it on adults, children and infants; Using an AED; How to treat choking; First aid for heart attacks; First aid for cardiac arrests; How to treat bleeding and burns; How to administer first aid for fractures; Treating an allergic reaction; First aid for asthma attacks; First aid for seizures; First aid for epilepsy



