

Emergency First Aid

1 day course

Who is the course for?

Those who wish to become an Emergency First Aider. Suitable for lower risk environments such as offices and shops, and for areas where there is also a full First Aider present.

When choosing candidates for this course, they must be happy to undertake the role and be a responsible, reliable person.

We advise that you ask for volunteers from within your organisation to take on this role.

What's in the course?

The course covers a wide range of emergency situations and how to handle them confidently, promptly and in a safe manner. A rewarding, interactive and engaging course.

Good management...

Good safety management is all about preventing things from going wrong, but we also must be able to deal with the situation if they do.

First Aiders can help enormously if an accident occurs or someone is taken ill - taking charge and stepping in before medical help arrives.

Assessment

Delegates will be assessed for their abilities to correctly assess situations and deal with them. There will be written tests also to ensure that essential information can be recalled accurately.



Course Duration

1 day

Refreshers

You will need to renew your training after 3 years

To take home...

There will be a first aid handbook and mini first aid kit for each delegate to take home



Emergency First Aid Course Programme Guide



Session 1

What is emergency first aid?
Legislation and responsibilities
Action in an emergency

Session 2

Primary survey
Secondary assessment
The respiratory system

Session 3

Adult basic life support
Resuscitation
Disorders of respiration

Session 4

Wounds and bleeding
Foreign objects
Disorders of the circulation
Minor burns and scalds
Epilepsy

Assessments and tests