

**AIMS**

To gain the knowledge and skills to undertake the role of an emergency first aider

**DURATION**

Full Day (6 Hours)

**LEARNING OUTCOMES**

By the end of this course, you will:

- Recognise the roles and responsibilities of First Aiders
- Be able to assess an emergency situation safely
- Be able to provide first aid to an unresponsive casualty
- Be able to provide first aid to a casualty who is choking
- Be able to provide first aid to a casualty with external bleeding
- Know how to provide first aid to a casualty who is suffering from shock
- Know how to provide first aid to a casualty in common situations

**LESSONS AND TOPICS****Roles and Responsibilities**

- The Role and Responsibilities of an Emergency First Aider
- Minimising the Risk of Infection
- Establishing Consent
- Accident Forms
- Contents of A First Aid Kit
- Recording and Reporting Incidents

**Patient Assessment**

- Scene Surveys
- Identifying Dangers
- Primary Survey of a Casualty
- When to Call the Emergency Services

**The Unconscious Casualty**

- Assessing Levels of Consciousness
- Opening Airways
- Checking Breathing
- The Recovery Position
- Chain of Survival
- Cardiopulmonary Resuscitation

**The Choking Casualty**

- The Two Types of Choking
- First Aid for Choking

**Bleeding and Wound Management**

- Different Types of External Bleeding
- First Aid for Bleeding

**Shock Management**

- Symptoms of Shock
- Causes of Shock
- Managing Shock in Casualties

**First Aid Situations**

- Treating Minor Cuts, Grazes and Bruises
- First Aid for Small Splinters
- First Aid for Nosebleeds
- First Aid for Minor Burns and Scalds
- First Aid for Asthma Attacks
- First Aid for Anaphylaxis
- First Aid for Seizures