



# BASIC FIRST AID

This course is for anyone who wishes to learn First Aid and become competent at basic life-saving skills. The course is perfect for carers, volunteers, community groups and school staff .

**Course Content:**

**Duration:** 4 hours

- Primary assessment
- Cardio pulmonary resuscitation (CPR)
- Management of severe bleeding
- Burns
- Management of an unconscious casualties
- Contents of a first aid kit
- Shock
- Choking

**Training Pack:**

For this course, each candidate will receive a training pack, which includes an A5 book, and various activities

**Certification:**

Upon successful completion, each candidate will receive a certificate of competency valid for 3 years.

**Assessment:**

Each candidate is assessed by the tutor continuously throughout the course

**Maximum group size:**

16 candidates

**Cost:**

Please contact us for further details

**Further Progression:**

1 Day Emergency First Aid

