

Course Title:

- 1 Day Sports Specific First Aid

Course Objective:

- This course is designed to teach the necessary first aid skills to deal with a wide range of sporting injuries

Course Outcomes: Including the following topics:

- How to approach and assess an accident or incident
- Mechanisms of breathing
- Winding & Cramp
- Spinal & chest injuries
- Treatment for Achilles tendon injuries
- Management of upper and lower limb fractures, sprains & dislocations

Target Audience:

- Anyone with an involvement in sporting activities

Pre-requisites:

- None

Course Accreditation:

- No formal assessment is performed on this course, although the trainer will continually observe and monitor all candidates throughout the course. A n Emergency First Aid at Work (Sports Specific) attendance certificate will be issued to all successful candidates, which is valid for 3 years

Course Summary:

- This course gives candidates the know how to deal with the type of injuries and medical emergencies that can happen during sporting activities