

## Basic First Aid

Below is a subject list of what is covered on our Basic First Aid Course. Should you wish to cover any other topics not included below, please contact us and we can offer a bespoke service

**Course Duration:** Half Day **Certification:** Basic First Aid Certificate

### Introduction to First Aid

- Approach and assessing any accident or incident
- Considerations for safety
- Phoning for help

### Airway Management

- Priorities of first aid
- Opening an airway
- Causes of blocked airway and treatment

### Breathing & Circulation

- Full C.P.R.—including recent updates
- Introduction to the Resuscitation Council UK
- Mechanisms of breathing
- Providing Rescue Breaths
- Complications with providing rescue breaths.

### Unconsciousness

These topics will be covered in a more brief nature than the 1 day Emergency First Aid at Work Course.

- Causes of unconsciousness
- Treatment for unconsciousness
- Levels of consciousness

### Wounds & Bleeding

These topics will be covered in a more brief nature than the 1 day Emergency First Aid at Work Course.

- Dealing with minor bleeding
- Recognising types of wounds
- Wounds with foreign bodies
- Consideration for cross infection  
Treatment for external bleeding.