



Emergency First Aid

Course Profile

This course is a fun and practical foundation in first aid that gives students the confidence to provide help in a variety of situations

Duration

6 hours

Who is this course suitable for?

This course is ideal for anyone over 16 years old who require a good foundation in practical first aid skills for any purposes eg at home, at work, at leisure

Students need to have the qualities and attitudes you would expect of a first aider who is looking after someone who is ill or injured

Certification

This course leads to the award of an Emergency First Aider certificate on successful completion and is approved under the First Aid Regulations

There is no test at the end because your Trainer will use continuous assessment and coaching techniques throughout the course

What does the course cover?

- ❖ Role of an Emergency First Aider
- ❖ Assessment & control of situations
- ❖ Care of unconscious casualties
- ❖ Resuscitation (CPR)
- ❖ Minor & major bleeding (inc. shock)
- ❖ Choking
- ❖ Management of minor injuries
- ❖ Other subjects of interest to students

Why choose us?

- ❖ We ensure our courses are as fun, practical and student-led as possible
- ❖ Our Trainers include nurses & paramedics with excellent teaching credentials
- ❖ We have been nominated for a National Training Award for “Training Excellence”
- ❖ We exceed the training standards recommended by the HSE