

Basic First Aid

Course Background:

This course is suitable for employees who need to deliver emergency first aid before the arrival of the designated occupational first aider.

Course Content:

- Defining first aid
- Duty of care
- Patient assessment
- Respiratory emergencies
- Cardio pulmonary resuscitation
- Foreign body obstruction
- Recovery position
- Bleeds and wounds
- Muscular-skeletal injuries
- Burns / chemical
- Medical emergencies, diabetes, epilepsy, and poisoning

Learning Outcomes:

The participant will be competently able to assess both the scene of an injury and the injury itself. Furthermore, they will also gain the knowledge necessary to deal effectively with common injuries.

This Course is Designed For:

Anybody who requires a foundation / basic introduction to first aid

Training Methodology:

This course is classroom based and it is highly interactive with role-playing playing and practical exercises to reinforce the participants understanding and learning.

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What to Bring to This Course:

While pens and paper will be supplied, participants are free to bring their own.
Participants should wear comfortable clothing for practical activities.

Duration of the Course:

This is a 3 day course. It can be completed on consecutive days or on separate days of the same week or different weeks.

Participants:

Up to 12 per course

Certification:

On completion of this course, participants will receive a certificate in basic first aid.