

## **Basic First Aid/ Life Saving Skills (3 Hours/ Half Day)**

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### **DESCRIPTION**

There is no formal accreditation or assessment with this course. However, the trainer will assess each individual ongoing throughout the course and they will receive a certificate confirming their attendance and participation in the course.

All learners will be better prepared and confident to deal with an unresponsive casualty who is breathing, and also handle an unresponsive casualty who is not breathing normally in a prompt, safe and effective manner.

### **DURATION**

Three hours in the classroom consisting of practical and theoretical activities.

### **SYLLABUS**

A range of subjects are covered including:

- Arriving at the Scene
- Responsibilities of the First Aider
- Communication
- Casualty Assessment
- Top-to-toe Survey
- Recovery Position
- Resuscitation/ CPR
- Caring for the Unconscious
- Causes of Unconsciousness
- Basic Hygiene in First Aid

### **CERTIFICATION**

Certificate of attendance and participation.

### **NUMBERS**

A maximum of 16 students can be accommodated on this course and there is no age limit for those who wish to attend.

### **INCLUDED IN COST**

Delivery onsite, certification and postage.