

# Basic Emergency First Aid

## Aim and objectives are:

- To determine what is meant by the term “First Aid”
- Knowledge of when and how to make a call to the emergency services
- How to act safely and promptly in an emergency
- How to administer first aid to a casualty who is unconscious
- How to administer CPR
- Promote safe practice and preserve life in accordance with Health and Safety legislation
- How to administer first aid to a casualty who is choking, has suffered a bleed or is in shock
- Recognition of the importance of cross infection

**Course Duration:** 3 hours

**Designed for:** All employees

**Assessment method:** continuous assessment by the trainer in addition to a practical and summative assessment

We have excellent trainers all of whom have a wealth of experience and knowledge within first aid. Having first aid knowledge and experience enables them to relate the training to real life scenarios, making the training interesting and relevant for the attendees.

