

## Online First Aid Theory (ideal for schools & care homes)

### COURSE DURATION:

45 - 60 Minutes

### TARGET AUDIENCE:

- KS4/5 students
- Care Assistants

### AVAILABLE IN:

- Audio

### DELIVERED VIA:

- Internet



In this awareness guide to First Aid theory we will introduce you to some of the crucial concepts about First Aid looked at through the eyes of a qualified first aider in terms of what they should do in the event of an incident or accident and, just as importantly, what they should NOT do.

Please note that this is an awareness guide only and not a course.

You should only attempt First Aid if you have been properly trained on a course approved by the Health and Safety Executive. We cannot accept responsibility for any claims arising from the use of information in this guide.

The sections below are not an exhaustive list of all the injuries, or illnesses, a first aider might face but they will give an indication of the responsibilities of a first aider in the most common casualty situations.

### This guide is broken down into the following sections

- Casualty Assessment
- Shock
- Burns and Scalds
- Bleeding
- Choking
- Bone, muscle and joint injuries
- Spinal Injury
- Eye injuries
- Poisons, gases and fumes
- Anaphylactic shock
- Record keeping
- First Aid Needs Assessment
- First Aid Kits



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