

# Basic First Aid



This Basic First Aid Course is ideal for those who need to be able to deal with minor injuries. It covers a comprehensive range of topics to prepare participants to administer Basic First Aid. Participants will learn a high level of practical skills so that they can deal competently with first aid situations that may arise.

## **Basic First Aid Course Summary:**

The course will take the participant through a comprehensive list of medical and trauma related scenarios, and will allow ample opportunities for hands on training and information sharing.

## **Basic First Aid Course Layout:**

This course can be tailored to your particular needs. However, will have particular emphasis on the following core subjects;

- Scene Management
- Primary Survey & Secondary Survey
- Bleeding and Minor Wounds
- Fractures
- Sprains & Strains
- Unconsciousness
- Concussion & Head Injuries
- Asthma
- Shock
- Heart Attack
- Cardiac Arrest
- CPR
- Stroke
- Foreign Body Airway Obstruction
- Recovery Position
- Handover & Documentation
- First Aid kit

## **Method of Delivery:**

- Classroom Presentation & Discussion, DVD & Practical Demonstration

## **Duration:**

- 6 hours tuition

## **Maximum Participants:**

- 12 participants

## **Certification:**

- Successful candidates will receive a certificate from Donegal Safety Services Ltd which will be valid for 2 years

If you would like further information on this course or any of the other courses we offer please ***fill in our*** contact form today.