Student First Aid



Student First Aid is a valuable addition to any student's skillset. As well as equipping them with the knowledge to be the difference between life and death, learning first aid helps to improve self-esteem as well as teamwork and communication skills. Having knowledge of First Aid and Life Saving Skills is essential for them in their future lives. These invaluable skills will prepare them for situations where they may save the life of a friend or a family member.

Our practical and tailored Student First Aid courses are designed specifically for students. We offer two levels of training; Level One is 2 hours and is aimed at primary school children in 5th and 6th class; Level Two is aimed at secondary school children, this can be a short 2 or 3 hours course to a more comprehensive one day course.

Our Student First Aid courses offers theoretical and hands-on exercise, empowering the students with the confidence to be able to respond in an emergency.

Student First Aid (Level One):

- What is First Aid?
- How to call for help
- Checking if someone is responsive
- How to check breathing
- What are vital signs
- How to help someone if they are choking
- Helping someone who is bleeding / nose bleeds
- Introduction to CPR
- Recovery position

Student First Aid (Level Two):

- What is First Aid?
- How to call for help

- Patient assessment
- What are vital signs
- How to help someone if they are choking
- Helping someone who is bleeding / nose bleeds
- Introduction to CPR and use of an AED
- Soft tissue injuries
- How to deal with burns
- Recovery position

Other Information:

Students will receive a certificate from Donegal Safety Services Ltd which will be valid for 2 years. The maximum number in each group is 12 – 15. Contact us and we will arrange the most suitable course for your students.