

# Emergency First Aid Course (1 day)

This course covers essential first aid skills. It is designed to give anyone the knowledge and confidence to deal with a first aid situation. It concentrates on core, first-on-scene skills, which are integral to all first aid. The course is provided through practical training and hands on scenarios.

## **Course Content:**

- Introduction and Principles of First Aid
- Vital Signs
- Accident Procedures – essential lifesaving systems for assessing and treating unconscious casualties
- Safe Airway Position
- Resuscitation and choking – applying the latest protocols to deal with non-breathing casualties
- Wounds and Bleeding – dealing with major bleeds and associated shock
- Minor Injuries
- Scenarios – throughout the day we will use scenarios to put the theory into practice.

## **What to expect and what to bring:**

All Fieldskills courses involve some practical elements. In the case of first aid this may be just some bending and lifting inside the classroom, in other courses this may involve working outside in rough or even remote terrain. Clients are reminded of the importance of operating within their abilities and informing Fieldskills of any medical or other issues which may affect their active participation.

This course is a combination of teaching and hands on practical sessions. Any clients who are unable to take part in activities such as kneeling, being rolled over as a simulated casualty or simulated CPR on manikins should let us know.

For the purpose of certification please bring a form of identification, for example, an I.C. card.

## **Contact us:**

If you would like any further information, please contact us on 088 484 734 or email us at [info@fieldskills.com](mailto:info@fieldskills.com)