

First Aid

Course Content Overview





First Aid - Course Content Overview

This descriptive course is for anyone who wants to learn new first aid skills or who needs to refresh their existing knowledge

Content

Module 1 - Aims & Learning Outcomes

Course aims and learning outcomes

The importance of first aid

The Three P's of first aid

Module 2 - Primary survey and care

The primary survey

DRABCD

AVPU responsiveness guide

Module 3 - Secondary survey and care

Understanding the secondary survey

Assessing history, signs and symptoms

When to call an ambulance



Module 4 - Resuscitation (CPR) and the Recovery Position

Defining CPR

Performing CPR on an adult

CPR during COVID-19

The Recovery Position

Module 5 - Injuries, illnesses and treatments

Choking

Wounds and bleeding

Shock

Burns and scalds

Eye and head injuries

Asthma

Allergic Reactions

Anaphylaxis

Seizures

Strokes

Heart Attack

Anxiety and Panic Attacks

Faintings

Sprains and Strains

Poisoning

Drowning