



# First Aid Essentials

This programme will provide a thorough insight into first aid, covering the essentials needed to react in an incident when someone urgently needs help. At EduCare we ensure that all of our training programmes are written and endorsed by experts. This programme is produced with West Midlands Ambulance Service NHS Foundation Trust, leading experts in first aid.



## Key features

- Level 2 programme (as graded against the nationally accepted levels and equivalent to GCSE grades A\* - C).
- Three modules with multiple choice questionnaires.
- Three CPD hours with a personalised downloadable certificate.
- Certificate accredited by the West Midlands Ambulance Service NHS Foundation Trust.
- 70% pass mark.
- Optional narration of each module for accessibility.
- Additional resources for further learning and printable modules for future reference.
- Developed in conjunction with experts at West Midlands Ambulance Service NHS Foundation Trust.

## Programme objectives

This programme provides a thorough guide on how to handle an incident that may require first aid. The programme is not intended to teach you how to be a first aider, but it is designed to give you confidence to know what to do when someone urgently needs your help.

1. Learn how to provide basic life support.
2. Learn how to react in life threatening situations.
3. Identify someone who is choking, drowning, seizing, bleeding or having an allergic reaction, and act accordingly.
4. Understand what to do if somebody has broken a bone or experienced a burn.
5. Acquire the knowledge to handle day-to-day incidents.



## Target audience

This programme is relevant to those who wish to learn the fundamentals of first aid, giving them the confidence to provide emergency assistance.



## Module content:

### 1. How to Perform Basic Life Support

- Different categories of incidents that may require first aid.
- How to take charge of an incident.
- How to determine responsiveness.

### 2. How to Handle Other Life Threatening Serious Incidents

- Range of life threatening to serious incidents.
- The three important principles of first aid.

### 3. How to Handle Day-To-Day Incidents

- Common day-to-day incidents.
- How to reassure the patient and remain calm.
- Advice for non-urgent conditions.

## Why choose us?

“First aid is fundamental in any organisation and it is important to make sure everybody is provided with the basic information to help preserve or save a life. This programme provides a good, cost-effective means of providing awareness-level First Aid training.”

Julian Rhodes, Head of Education,  
West Midlands Ambulance Service NHS Foundation Trust



“I really enjoyed completing the EduCare modules. I found them to be interesting, informative and easy to follow. I particularly liked the fact that the modules were complimented with narration. Thank you for putting these courses together.”

Chris Fagan, Year 4 Homeroom Teacher, British Schools Yangon

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