

## First Aid Essentials

This course aims to give you the confidence to react to a medical emergency where someone urgently needs help. It also covers other life threatening to serious incidents, as well as how to handle day-to-day situations where first aid may be required. At EduCare, we ensure that all of our training courses are written and endorsed by experts.



### Course details

- Three modules with three multiple-choice questionnaires
- Three CPD credits\*
- Optional narration of the course modules and questionnaires for accessibility
- Personalised downloadable certificate
- 70% pass mark
- Printable modules for future reference

\*1 CPD credit equals up to 1 hour of learning

### Course content

#### Module 1 How to perform basic life support

- Understand the different types of incidents, which typically fall into the three important categories - non-urgent, serious to life threatening and life threatening.
- Important information on how to handle a life threatening incident from stopping to assess the situation to your first actions.
- Vital information on how to perform chest compressions and rescue breaths (CPR) on adults, including easy to follow steps for each.
- Advice on performing CPR for neonate, infants and children, including a set of videos to help you understand how to undertake the procedure correctly.
- Details on when to call an ambulance, including further information on life threatening symptoms that may indicate a medical emergency.

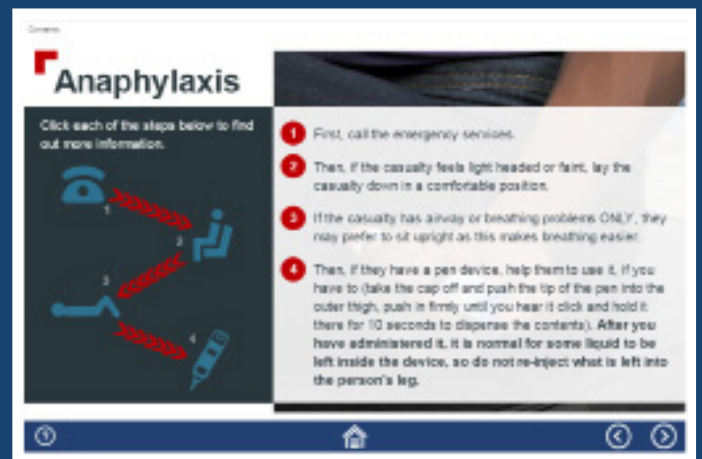


## Module 2 How to handle other life threatening to serious incidents

- Information on what do when an adult is choking, including easy to follow guidance on how to try to dislodge the obstruction.
- Details on what to do when a child or an infant under 1 year old is choking, including a set of detailed videos for performing the manoeuvres correctly.
- Important information on the dangers of shock, including symptoms and what you can do to help someone who goes into shock.
- A look at anaphylaxis including its symptoms, how it is triggered and what to do if someone goes into anaphylactic shock.
- Information on what to do in cases of drowning, including when to put someone into the recovery position and when to perform CPR.
- A look at seizures and steps you can take to ensure a person does not injure themselves.
- Vital information on what a stroke is, how it happens and the effective campaign called 'Stroke - Act F.A.S.T' which can help you to spot the signs of someone having a stroke and take action.
- Details on heart attacks, including symptoms, what you should do and when to perform basic life support.
- Finally, a look at three general principles to help in many different situations, from burns and broken bones to bleeding.

## Module 3 How to handle day-to-day incidents

- Easy to follow information on what to do when someone has sunburn, a sprain or strain, nose bleed and more.
- A look at insect bites and stings, what you can do to help reduce swelling and information on what to do when someone has an allergic reaction.
- Steps to take when someone has been electrocuted, including what to do to avoid injuring yourself.
- Details on what happens when someone has low blood sugar and treatment for conscious hypoglycaemia.
- What to do when someone is suffering from an asthma attack.



This course is suitable for

Anyone in any organisation.

## Key features

- Visually engaging and highly interactive
- Videos to embed vital information
- Answer explanations for those who achieve the pass mark
- Additional resources to expand learning

## Pricing options

1. Available as a standalone course on the EduCare website.
2. Buy as part of one of our EduCare multi-course licences. For further information, please call 01926 436212 to discuss purchase options and licences.



## Why choose us?



“ West Midlands Ambulance Service NHS Foundation Trust were pleased to partner with EduCare on this First Aid Essentials course. 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. ”

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

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