

# **First Aid Course Content**

**The course you take part in must be a 1 day (Approx. 6 hours) in person course and cover the criteria below. You must be at least 16 years of age (prior to attending the course):**

- Understand the role and responsibilities of a first aider.
- Recording and reporting of accidents and incidents including Riddor.
- Contents of a first aid kit (including prevention of cross infection).
- Assessing the situation and acting safely, effectively and promptly in an emergency.
- How to administer first aid to a casualty who is/requires:
  - Unconscious.
  - Cardiopulmonary resuscitation (CPR) and AED.
  - Choking.
  - In Seizure.
  - In Shock.
  - Bleeding.
  - Minor cuts and grazes.
  - Minor scalds and burns.