



First Aid Course Content Criteria

The course you take part in must be a 1 day (Approx. 6 hours) in person course and cover the criteria below:

- 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:
- Be at least 16 years of age (prior to attending the course)
 - Unconscious
 - Cardiopulmonary resuscitation (CPR) and AED
 - Choking
 - In Seizure
 - In Shock
 - Bleeding
 - Minor cuts and grazes
 - Minor scalds and burns