



## Course Overview

This course is suitable for "appointed persons" who do not require formal first aid qualifications. It can also be used as a refresher. It includes a number of short video clips that will talk you through the different elements and give you visual support. With first aid knowledge you can react confidently and quickly to an incident, injury or illness. The person in need could be your close family or friend, someone you work with or just a random stranger.

## Course Content

1. Identify the roles and responsibilities of first aiders
2. How to minimise the risk of infection to self and others
3. How to complete an incident report form
4. First aid kits
5. How to conduct a Primary Survey
6. Identify when and how to call emergency services
7. How to assess a casualty's level of consciousness
8. How to open a casualty's airway and check their breathing
9. How to correctly put an unconscious person into the recovery position
10. How to treat a casualty who is in seizure
11. How to perform CPR
12. How to identify a casualty with a blocked airway
13. How to treat a person who is choking
14. How to control severe external bleeding
15. Signs and symptoms of shock
16. How to manage a casualty who is in shock
17. How to manage small cuts, grazes and bruises, minor burns, scalds and splinters

## Course Duration 1 hour

**Developed** in partnership with qualified first aid experts.

### Accessibility

To change your accessibility settings or translate the course into another language, sign into your Click account before taking this course.

### Assessment and Certification

Sign in to your Click account before you take this course to take the assessment and immediately access/download your certificate upon successful completion.

## Quality Marks