



First Aid Programme



Overview

Did you know that the Health and Safety Executive (HSE) reported that first aid courses are being attributed to a significant decline in work-related injuries over the last decade?

First aid is an essential skill you can apply in any aspect of work and everyday life, to increase the safety of yourself and those around you.

These short, self-marked courses will give you the knowledge you need to understand the key areas of first aid. Each of the four courses focuses on a different area of first aid, ensuring you gain knowledge of a wide range of essential topics such as the role of the first-aider, minor injuries, asthma, shock, choking and head injuries.

Carrying out the introduction to first aid programme will also benefit your general knowledge, enhance your CV and show your commitment to first aid.



First Aid Programme

Available Courses

Zone 1

Here you will learn about the role of the first-aider, how to manage an emergency as well as gain, basic patient assessment skills and deal with minor injuries.

Zone 2

This zone covers some commonly found illnesses and injuries such as asthma, bone, muscle and joint injuries, burns and scalds and shock and bleeding.

Zone 3

Here you will gain an understanding of how to deal with an adult who is choking as well as the reasons why people may experience chest pains and seizures, and how you should administer first aid in these situations.

Zone 4

This zone focusses on how to deliver first aid in situations where the casualty has a head injury or is having a severe allergic reaction. You will also gain an understanding of what to do if a casualty is unconscious and needs resuscitating.

Learning Method

Studying via distance learning means you can choose when and where you study.

This course is available:

 **Online**

These courses are available on The Skills Network's online learning platform, **EQUAL**. Online learning with a difference, **EQUAL** features:

- **Exciting and engaging content**
- **Interactivity – featuring videos and games to enhance learning**
- **Virtual tutors who offer hints, tips and guidance throughout the course.**

Benefits

- A great addition to your CV to show commitment to first aid within a chosen industry. This is also beneficial for improving overall general knowledge
- Available online with self-marked assessments, this course can be completed in your own time.

no exams
just assessments