

Emergency Level First Aid

1. Effective management of emergency scenes.
2. Proper techniques for treating shock, unconsciousness, and fainting.
3. Handling choking incidents involving adults.
4. Appropriate measures for addressing cases of severe bleeding.
5. One-Rescuer CPR techniques for adult individuals.

First Aid is made up of both knowledge and skills. Some of that knowledge can be found in this study guide, and it can be learned by studying it. The best way to acquire First Aid skills is to take a recognized First Aid course from a qualified instructor.