

First Aid

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First Aid | Online Course

Be ready for emergencies with key first aid skills. Learn to handle medical incidents confidently at work or home through practical, life-saving techniques.

What this course about?

This course offers essential training in basic first aid practices, focusing on immediate and effective response to a variety of medical emergencies. You will learn how to assess situations, provide CPR, manage wounds, burns, fractures, and respond to shock or unconsciousness. With a strong focus on workplace and everyday safety, this course empowers individuals to act confidently and potentially save lives before professional help arrives.

Why take this course on First Aid?

Emergencies can happen anytime, anywhere. This course provides the practical knowledge and hands-on techniques needed to respond quickly and responsibly, whether at work, home, or in public. It's ideal for anyone looking to enhance their personal safety and workplace readiness.

What you will gain from this course:

- Assess emergency situations and respond appropriately
- Perform CPR and other life-saving techniques
- Treat wounds, burns, and fractures with confidence
- Support colleagues and family in times of medical need
- Meet workplace health and safety requirements

^ Overview

First Aid consists of lifesaving skills such as CPR, wound management, and how to respond to medical emergencies like heart attacks or choking incidents. Additionally, you'll understand how to assess injuries, provide immediate care, and prioritise actions in various critical situations until professional medical help arrives.

^ Description

First aid is not only about acquiring practical skills but also about promoting a culture of safety and preparedness. Whether it's administering CPR, providing basic wound care, or assisting someone in shock, having first aid knowledge empowers individuals to take immediate action and make a positive difference in critical moments

Course Content

^ Unit 1: Demonstrate an understanding of emergency scene management

- Maintenance of personal safety
- Methods of safeguarding the emergency scene
- Methods of safeguarding an injured person
- The medico-legal implication of rendering first aid

^ Unit 2: Demonstrate an understanding of elementary anatomy and physiology

- Systems of the human body
- The manner in which systems relate to each other
- The operations of the system

^ Unit 3: Assess an emergency situation

- Why assess emergency situations?
- Determining the cause of the emergency

- Classification of injuries
- Preparing the scene for assistance

^ Unit 4: Apply first aid procedures to the life-threatening situation

- Basic first aid treatment
- First aid treatment applied appropriate to the situation
- Improvised first aid equipment
- Universal precautions to prevent infections
- Current first aid practice
- Cardio-Pulmonary Resuscitation (CPR)
- Referral for further medical assistance

^ Unit 5: Treat common injuries

- Treat common injuries
- Treatment for fractures
- Muscles
- Circulatory problems: Fainting / diabetic emergency
- Circulatory shock
- Burns
- Electric shock
- Poisoning
- Seizures
- Strokes
- Drowning
- Bleeding
- Major external bleeding
- Internal bleeding
- Wounds
- Preventing Infections
- Referral to medical assistance

^ Accreditation

- Non-accredited: Short course only
- Duration: 04h 20m

- Delivery: Classroom/Online/Blended
- Access Period: 12 Months

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