

# Basic first aid instructors resource kit

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**What is in a basic first aid kit?** Contents of a basic first aid kit Triangular bandages. Crepe ('conforming' or elastic) bandages of varying widths. Non-adhesive (non-stick) dressings of varying sizes. Disposable gloves (medium and large), preferably made of non-latex material.

**What equipment do I need to teach CPR?** CPR instructors will need a basic set up of manikins (dummies), AED trainers, airway devices, and first aid supplies.

**What is taught in basic first aid?** Basic Adult Cardiopulmonary Resuscitation (CPR) Establishing and maintaining adult airway patency. Performing adult breathing resuscitation. Performing adult circulatory resuscitation. Performing choking assessments and appropriate first aid interventions.

**How do you become a first aid instructor?** To become a first aid instructor, you need to hold an accredited Level 3 First Aid at Work qualification and a Level 3 or higher teaching and assessing qualification, such as the Award in Education and Teaching.

**What are the 10 basic contents of a first aid box?**

**What are 5 things that should be in a first aid kit?**

**How do you teach CPR in a fun way?** Trivial Pursuit, Snakes and Ladders, Monopoly and Scrabble are often among the most popular. Design a board game or activity sheet which helps students learn the DRSABCD Emergency Action Plan. This may also include crosswords and wordfinds. Should all students in Victorian Schools be taught CPR?

**What equipment do I need to teach BLS?**

## **How much do red cross CPR instructors make?**

**What are the four C's of first aid?** What You Should Do: Provides first aid treatment information. The PedFACTs course also covers the “4Cs of Pediatric First Aid” help focus providers on the steps they need to take to safely manage emergencies: Check, Call, Care, and Complete.

## **How to teach first aid in a fun way?**

**What is ABC in first aid?** In first aid, ABC stands for Airway, Breathing, and Circulation. This means ensuring that the airway is clear, checking to see if the patient is breathing and observing the circulation (pulse or observation of colour and temperature of hands or fingers).

**What skills do you need to be a first aid instructor?** Includes how to teach and facilitate, individual and group assignments, practice teaching, injury prevention principles, inclusion, and progressive learning. Prerequisites Proof of current Standard First Aid (or higher) with CPR-HCP; ability to complete all first aid and CPR skills effectively without coaching; min.

**What can a BLS instructor teach?** The hands-on session, or zoom-call session, includes instruction, practice, and monitoring, allowing instructor candidates to successfully use their instructor materials and skills. As a BLS Instructor, candidates will also be able to teach the following courses: Basic Life Support. Heartsaver First Aid CPR AED.

**Who is a first aid instructor?** A first aid instructor teaches cardiopulmonary resuscitation (CPR) and basic life support skills to students through classes and workshops.

**What are the three C's when dealing with an emergency?** There are three basic C's to remember—check, call, and care. When it comes to first aid, there are three P's to remember—preserve life, prevent deterioration, and promote recovery.

**What's inside a first aid kit?** Possible items could include: Dressings and bandages (gauze role, sterile gauze pads, eye pad, roll of adhesive tape, elastic bandage for sprains, sterile cotton balls and swabs) Over-the-counter medicine for

cuts, burns, and injuries. Special medicines for members of your household.

### **How do I make a first aid checklist?**

**What are the three P's of first aid?** Preserve, Prevent and Promote The three p's of first aid form the foundation of effective emergency response. By understanding the importance of preserving life, preventing deterioration, and promoting recovery, you can make a significant impact on the outcome of an emergency.

### **How to make a simple first aid box?**

**What is the most important tool in the first aid kit?** The Five Most Important Items for a First Aid Kit Bandages and dressings –a few adhesive bandages and gauze dressings to cover wounds. Antibiotic cream – check the expiration date. Scissors to cut dressings, clothing, rope, seatbelts and more. Needle-nose tweezers to pull out splinters, ticks, thorns and rattlesnake ...

### **What are 10 items in an emergency kit?**

**What are common basic first aid?** First aid is as easy as ABC – airway, breathing and CPR (cardiopulmonary resuscitation). In any situation, apply the DRSABCD Action Plan. DRSABCD stands for: Danger – always check the danger to you, any bystanders and then the injured or ill person.

### **What are the basic requirements for a first aid kit?**

**What counts as basic first aid?** Basic first aid is being able to provide basic medical care to someone who is experiencing a sudden injury or illness. It often comes in forms such as treatment to burns, cuts, or even insect stings; but could also consist of providing support to someone in the middle of a medical emergency.

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