



## **Course Syllabus**

### **First Aid Awareness**

The aim of the course is to instruct in the procedures required to deal with the event of person(s) taking ill or being injured in the workplace.

This course is suitable for anyone who wishes to gain a basic knowledge of First Aid procedures or as an insight before progressing to the Level 2 or Level 3 First Aid course

By the end of the course, candidates will be able to:

- Recognise the action to take in an emergency situation
- Understand and demonstrate basic life saving techniques
- Diagnose and deal with minor injuries and/ or illnesses in the workplace
- The aims and objectives of the course are as follows:
- Administration procedures and course overview
- Chain of survival – understand the chain of survival
- The recovery position – the reasons why we place a casualty in the recover position
- Heart attacks – recognise the signs of a heart attack and what to do
- CPR – understand the principles of CPR
- Hypoxia and choking – how to deal with a choking casualty
- Control of bleeding –how to control bleeding
- Fractures and soft tissue injuries – be able to recognise fractures and soft tissue injuries

### **Certification**

A certificate of attendance will be awarded to all successful candidates who complete this course

### **Next Step?**

Contact our Learning & Development Team at Aspen Wolf Ltd on 0191 581 1000 to discuss your specific training needs.