



## **First Aid Essentials: Emergency Response and Life-Saving Skills**

**Duration:** 5 Days

**Language:** en

**Course Code:** PO2 - 134

## Objective

By the end of this course, participants will be able to:

- Understand and apply the basic principles of emergency response (DR ABC).
- Perform Cardiopulmonary Resuscitation (CPR) and operate an Automated External Defibrillator (AED).
- Manage bleeding, burns, wounds, and minor injuries.
- Place an unconscious patient in the recovery position.
- Recognize and respond appropriately to signs of shock and trauma.
- Communicate effectively with emergency medical services.

## Audience

This course is suitable for:

- Employees and workplace safety teams.
- School staff, teachers, and childcare providers.
- Community volunteers and caregivers.
- Security personnel and facility managers.
- Any individual interested in acquiring essential life-saving skills.

## Training Methodology

This course takes a highly practical and interactive approach, ensuring participants gain hands-on experience through various engaging methods. It includes instructor-led demonstrations to guide learners step by step, scenario-based simulations to enhance problem-solving skills, and hands-on CPR and AED practice for real-world application. Additionally, group discussions and real-life examples foster a deeper understanding, while role-playing emergency situations helps participants build confidence in responding effectively to critical incidents.

## Summary

This course is designed to equip participants with the essential knowledge and practical skills needed to respond confidently and effectively to common medical emergencies. Whether in the workplace, at home, or in public spaces, having first aid training can make a crucial difference in saving lives and minimizing injury severity.

Through a mix of theoretical instruction and hands-on exercises, participants will learn to assess emergency situations, provide CPR, use AED devices, control bleeding, treat minor injuries, and manage common incidents such as burns, shock, and unconsciousness. This training promotes calm, quick decision-making in high-pressure scenarios.

## Course Content & Outline

### Section 1: Foundations of First Aid

- What is first aid and why it matters.
- DR ABC: Danger, Response, Airway, Breathing, Circulation.
- Assessing the scene and ensuring personal safety.
- Calling emergency services and effective communication.

### Section 2: Cardiopulmonary Resuscitation (CPR) and AED Use

- Introduction to CPR and when it's needed.
- Performing CPR on adults, children, and infants.
- Using an Automated External Defibrillator (AED).
- Practice: CPR and AED simulations.

### Section 3: Bleeding, Wounds, and Burns

- Types of wounds and how to manage them.
- Controlling external bleeding with dressings and pressure.
- First aid for minor cuts and abrasions.
- Treating burns: Degrees, cooling, and bandaging.

### Section 4: Shock and the Recovery Position

- Recognising and managing signs of shock.

- Importance of the recovery position for unconscious casualties.
- Step-by-step guidance for placing someone in the recovery position.
- Emergency care for fainting and breathing difficulties.

## **Section 5: Minor Injuries and Common Incidents**

- Nosebleeds, sprains, strains, and bruises.
- Head bumps and minor concussions.
- Insect bites, allergic reactions, and stings.
- When to seek medical attention for minor conditions.

## **Certificate Description**

Upon successful completion of this training course, delegates will be awarded a Holistique Training Certificate of Completion. For those who attend and complete the online training course, a Holistique Training e-Certificate will be provided.

Holistique Training Certificates are accredited by the British Accreditation Council (BAC) and The CPD Certification Service (CPD), and are certified under ISO 9001, ISO 21001, and ISO 29993 standards.

CPD credits for this course are granted by our Certificates and will be reflected on the Holistique Training Certificate of Completion. In accordance with the standards of The CPD Certification Service, one CPD credit is awarded per hour of course attendance. A maximum of 50 CPD credits can be claimed for any single course we currently offer.

## **Categories**

Health, Safety & Environment HSE, Healthcare & Pharmaceutical, Human Resources Management (HRM)

## **Tags**

Workplace Safety, First Aid Essentials, Injuries, Common Incidents, Treating burns, Treating wounds

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