



**Independent Training**  
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## Emergency First Aid

The Level 2 Award in Emergency First Aid (QCF) course is aimed at individuals who want to gain an overview of basic First Aid procedures. This course is also suitable for people who are acting as Appointed Persons at work.

Please note that this course is not suitable for people who have been designated First Aiders at Work under Health and Safety regulations, these individuals should instead attend the First Aid at Work three day course.

This course gives a basic understanding of some essential First Aid procedures and will enable individuals to recognise and treat some major injuries and illnesses.

### **This course covers:**

- Role and responsibilities of a first aider
- Assessing an incident
- Dealing with an unresponsive casualty
- Recognise and assist with choking
- Control of external bleeding
- Dealing with shock
- Manage a minor injury – administer first aid to small cuts, grazes, bruises, minor burns and scalds

The course runs for one day with light refreshments and all course materials provided.

Costs £65 + VAT  
1 day course

