



# First Class Safety Training

Training today for a safer tomorrow

## Training Course Specification

Course Title	Basic First Aid Level 2 (VTQ)
Course Description	This course is ideal for adults looking to gain a basic knowledge of first aid, teaching you the essentials in dealing with emergency situations. A short course, giving an overview of various injuries and illnesses, for scenarios including adults, children and infants. Incorporating practical elements throughout the course.
Course Duration	Minimum 3 learning hours (excluding breaks)
Max no of participants	12
Who should attend	Adults wishing to gain knowledge of emergency first aid skills.
Pre-requisites	N/A
Course Content	<ul style="list-style-type: none"><li>• How to carry out an assessment</li><li>• Recovery position</li><li>• CPR and use an AED</li><li>• Identifying heart attacks/Cardiac Arrest</li><li>• Drowning</li><li>• Choking</li><li>• Serious Bleeding</li><li>• Minor injuries</li><li>• Dislocation and fractures</li><li>• Burns and scalds</li><li>• Strains and sprains</li><li>• Spinal injuries</li><li>• Seizures</li><li>• Anaphylactic shock</li></ul>
Assessments	Participants will be continuously assessed throughout the course, to ensure they have met the learning outcomes. Learning objectives are also reinforced through written answers.
Course Costs	TBA – Quote upon request

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