



First Class Safety Training

Training today for a safer tomorrow

Training Course Specification

Course Title	Family First Aid
Course Description	This course equips families with essential life-saving skills to handle medical emergencies at home and in everyday situations. This course is designed to combine both theory and practical elements. Through hands on training and expert guidance, participants will gain the confidence to respond quickly and effectively in emergencies, ensuring the safety and well being of their loved ones.
Course Duration	1 Day Course (6 Learning hours)
Max no of participants	12
Who should attend	Anyone who wishes to learn First Aid skills for their family
Pre-requisites	N/A
Course Content	<ul style="list-style-type: none">• Dealing with an unresponsive child or infant• Recovery position• Cardiac Arrest• CPR and use of AED• Drowning• Bleeding• Choking• Shock• Strains and sprains• Dislocations and fractures• Burns and Scalds• Asthma• Anaphylactic Shock• Seizures• Minor injuries
Assessments	Delegates 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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