

Essential first aid (all ages)

This course deals with serious conditions and incidents. It is ideal if you want to know what to do when faced with an emergency involving a casualty of any age.

Who should attend?

This course is for members of the public who want to know what action to take in any emergency and want to learn how to deal with accidents and injuries.

St John Ambulance welcomes young people **from the age of 12** onto all our community first aid courses. If **under the age of 16**, you **must** attend with a responsible **adult** member of the family or guardian (two young people per adult).

What you will learn?

The course covers emergency life support procedures for adults, children and infants.

Course content

- Communication and casualty care
- Looking after yourself and the casualty
- Adult, child and infant resuscitation
- Treatment of severe bleeding and chest pain
- Treatment of choking in adults, children and infants
- Treatment of an unconscious casualty.

Course duration

Three hours.

Assessment and certification

Continuous assessment by trainer