INTRODUCTION TO FIRST AID



With qualified first aiders in demand in workplaces around the country, **First Aid** training courses are a vital resource for all businesses. So, whether you are an employer looking for basic first aid training for staff or an individual looking for first aid training online for personal or professional reasons, then these online first aid courses are for you.



I really enjoyed it and I have learnt some very important things regarding my new position. (Zdravko Nikolov)

I have very much enjoyed the project and would recommend to friends. I have learned the skills to improve my employment opportunities. (Zdravka Atesheva)

First Aid Zone 1: Module 1 includes subjects such as the role of a first-aider, infections, first aid kits, reporting and recording workplace accidents, what to do in an emergency, patient assessments, minor injuries such as small cuts and burns and more.

First Aid Zone 2: Module 2 includes subjects such as asthma, bone, muscle and joint injuries, shock, severe bleeding and more.

First Aid Zone 3: Module 3 includes subjects such as adult choking, chest pains and heart attacks, seizures and more.

First Aid Zone 4: Module 4 includes subjects such as head injuries, severe allergic reactions, strokes, unconsciousness, resuscitation and more.

Estimated course completion time for all 4 components is: 16 hours.

Like you, we are looking to the future







