



## FLEX Training First Aid Course Outline

- What is first aid and its principles
- First aid kits contents etc
- Prioritising and assessing the scene of an accident
- Calling 999
- Choking person
- CPR
- Recovery position
- (above 3 for adolescents and babies on a paediatric course)
- Bandaging and slings
- Burns
- Bleeds
- Fractures
- Seizures
- Falls
- Shock
- Minor injuries
- Use of an Automatic Electronic Defibrillator (AED)
- Reporting and legal aspects relevant to course
- Anaphylactic shock (allergic Reaction) and use of Epi-Pen, this is additional to course requirements
- Course Notes provided

All courses are made up of a mixture of theory and practical exercises. If you have questions get in touch [info@flextraining.co.uk](mailto:info@flextraining.co.uk)