

# FIRST AID AWARENESS



## Product Syllabus:

- Introduction to first aid awareness
- First aid needs assessment
- First aid kits
- Infection control in first aid
- Hand washing
- Personal protective equipment
- Exposure to body fluids
- DRABC
- AVPU
- When to call 999
- When to call 111
- Recovery position
- Cardiac arrest
- Respiratory arrest
- CPR
- How to give chest compressions
- When to stop CPR
- Defibrillators
- Myocardial infarction
- Angina
- Stroke
- Bleeding
- Open wounds
- Nosebleeds
- Cuts and grazes
- Shock
- Choking
- Poisoning
- Seizures
- Diabetic emergencies
- Allergies
- Anaphylaxis
- Asthma
- Hyperventilation
- Slips and trips
- Bruising
- Strains and sprains
- Fractures
- Dislocations
- Head and spinal injuries
- Burns and scalds
- Chemical burns
- Sunburn
- Drowning
- Hypothermia
- Vomiting and diarrhoea
- Eye injuries
- Accident books
- RIDDOR

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