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Introduction to First Aid – Zone 3

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course-first-aid-zone-3](https://www.theskillsnetwork.com/learners/courses/online-first-aid-course-first-aid-zone-3)

Online Distance Learning Course



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Are you looking to complete a first aid training course? UK employers are always interested in candidates who have first aid training, so this course would be a great addition to any CV

This course aims to provide you with the knowledge you need to understand the key areas of first aid. The course will enable you to increase the safety of yourself and others in the workplace and in other everyday environments.

This is a great course for anyone who is interested in first aid, as it will provide you with crucial skills that apply to all aspects of work and everyday life.

Zone 3 is made up of manageable sections, including:

Section 1: Choking (Adult)

In this section, you will learn what choking is, the signs of choking and a blocked airway, how to respond when someone is choking, and how to administer first aid to an individual who is



Section 2: Chest pains (including heart attack)

You will learn how a heart attack occurs, the signs and symptoms of a heart attack, the effects of and treatment for angina, the first aid that is appropriate for a conscious patient and the first aid that should be administered to an unconscious or unresponsive patient.

Section 3: Seizures

In this section, you will look at what a seizure involves, the signs and symptoms of a seizure, the different types of seizures, when to call an ambulance and the actions to take if an individual has a seizure. You will also learn what a first-aider should do in response to a seizure and what they should not do.

KEY INFORMATION

Full Cost Price 	FREE
Course Length 	4 hours
Learning Method(s)	Online learning materials with online assessment

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