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Introduction to First Aid – Zone 1

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[https://www.theskillsnetwork.com/
learners/courses/first-aid-training-
course-uk-first-aid-zone-1](https://www.theskillsnetwork.com/learners/courses/first-aid-training-course-uk-first-aid-zone-1)

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 1 is made up of manageable sections, including:

Section 1: The role of the first-aider

In this section, you will look at what first aid is, what shock is, the key aims of first aid, managing infection, the contents of a first aid kit and the importance of reporting and recording workplace accidents.

Section 2: Managing an emergency

This section covers the methods used to approach incidents and manage an emergency. You will look at different ways of identifying dangers to a casualty and eliminating common dangers in an emergency.



Section 3: Basic patient assessment skills

You will learn about primary and secondary surveys that can be used when assessing a casualty in this section. You will also look at how to observe a casualty and observe their breathing and pain.

Section 4: Minor injuries

This section covers the techniques used for administering first aid for small cuts and grazes, for minor burns and scalds, for a casualty with a burn and for small splinters.

KEY INFORMATION

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

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