

# Virtual Emergency First Aid

## Aim

To provide participants with the knowledge to attend emergency first aid situations and cover the theory of first aid treatment.

## Target Group

This half-day course is designed for people working in small, low risk environments where a qualified first aider is not required. The learning outcomes on this course is ideal for businesses who require an 'Appointed Person', or as a refresher for qualified first aiders.

## Delivery method, venue and duration - date(s) to suit you

This is a virtual training session, ideally using Zoom or MS Teams, over half a day (3 hours).

## Learning outcomes: by the end of this session participants will have covered the following areas:

- First Aid at Work legislation and regulations.
- Responsibilities of a first aider (incl. preventing cross infection and reporting)
- Action in an emergency
- Resuscitation and Automatic External Defibrillator (AED)
- The respiratory & circulatory system including choking and shock
- Wounds and bleeding
- Seizures
- Minor burns and scalds
- Foreign objects

## Training methods used

All of our training sessions are intended to be as interactive as possible. Participants are encouraged to ask questions, make comments and bring up their own experiences. We use lots of different methods including quizzes, video clips and small group work as well as direct teaching. We want participants to leave the session saying "that was really enjoyable - and it was directly relevant to my working life."

## Certification

Participants will receive a certificate of attendance for 'Virtual Emergency First Aid'. To be regarded as a qualified first-aider, you would need to undertake a full day face-to-face course instead, or a blended course. Please click on the links below to find out more information.

- [Emergency First Aid at Work](#)
- [Emergency First Aid at Work \(blended\) - non-accredited](#)
- [Emergency First Aid at Work \(blended\) - accredited](#)

**NB: we recommend face-to-face for all First Aid training if possible; however we recognise that virtual training is more convenient for some people, which is why we offer a choice.**