



# Emergency First Response

## Primary (CPR) and Secondary (first aid) Courses



**Emergency First Response Primary Care (CPR)** teaches participants how to respond to life-threatening emergencies. The course focuses on primary care through a combination of knowledge development, skill development and realistic scenario practice to make sure participants have the confidence in their ability to provide care when emergency situations arise. Primary Care (CPR) skills taught in this course:

- Scene Safety Assessment
- Barrier use
- Primary Assessment
- Rescue Breathing
- Cardiopulmonary Resuscitation (CPR)
- Conscious and Unconscious Obstructed Airway Management
- Serious Bleeding Management
- Shock Management
- Spinal Injury Management



**Emergency First Response Secondary Care (first aid)** covers injuries or illnesses that are not immediately life threatening. Participants focus on secondary assessment and first aid through knowledge development, skill development and realistic scenario practice.



Secondary Skills taught in this course:

- Injury Assessment
- Illness Assessment
- Bandaging
- Splinting for Dislocations and Fractures

**Manual Includes Reference Section on the following topics:**

Allergic Reactions, Bruises, Burns, Chemical Burns, CPR (adult, child, infant) Choking (adult and infant), Cone Shell Stings, Coral, Jellyfish and Hydroid Stings, Cuts, Dental Injuries, Diabetic Problems, Dislocations and Fractures, Electrical Injuries, Eye Injuries, First Aid Kit Assembly, Fish Spine Injury, Frostbite, Heat Exhaustion, Heatstroke, Heart Attack, Hypothermia, Illness Assessment, Injury Assessment, Insect Stings, Octopus Bites, Poisoning, Rescue Breathing (adult, child, infant) Scrapes, Seizures, Snake Bites, Spider Bites, Sprains and Strains, Stroke, Temperature Related Injuries, Venomous Bites and Stings, and Illness Assessment Record Sheet.

**Cost:** £150

**How long does it take?**

Once you take home the course manual, you are free to complete the knowledge development portion of the course at your own pace. You will need to watch the EFR video either with your classmates or in your own time. Courses can be completed in one day, or two evening sessions as per your schedule.

**Emergency First Response – Creating Confidence to Care.**

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