



Introduction to First Aid - Zone 1 (CPD Certified) ONLINE

Extra title field

This is an online course, you can enrol and start at any time between the advertised start date and the end date.

How will the course benefit me?

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.

Entry Requirements

Spoken and written English at Level 2 and be a confident IT user - experience in using web-based learning would be beneficial. You will also need to be motivated to undertake personal study. You will need an email address to use the EQUAL online learning platform

What will I learn?

How to use the EQUAL online learning platform to complete tasks and assessments. 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.

How will the course be delivered?

You must have access to the internet and a suitable device, preferably a PC or laptop to enable you to access the EQUAL online learning platform. You will be given access to online materials which will take you step by step through the course and help you to develop independent learning skills. All assessment answers are submitted through the EQUAL online learning platform

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How is this course assessed?

You will complete online evidence demonstrating how you meet the course criteria. The average time to complete this online course is 2- 6 hours you may however complete in more or less time. It will depend on your commitment to the course. You will receive instant feedback from auto marked assessments. At the end of the course you will receive a your personalised Official CPD certificate

Progression or Employment pathways

This course supports progression onto a range of other CPD online courses. Or you may be interested in our range of online Level 2 vocational courses that are also on the EQUAL online learning platform.

Extra Costs

To fully participate in this class online you will need: - a PC/laptop/tablet with a fully updated browser (preferably Google Chrome) you will need access to a reliable internet connection.

Health & Safety

You will be need to be familiar with staying safe while learning online. Before you commence your course you will need to complete the online safety modules <https://www.learnmyway.com/subjects/online-safety/> . You can register for free using our log in 3453711. You will need to use your personal email to account to to access the EQUAL secure online learning platform. Depending on the course you are enrolled for you may need a private space while participating in the online part of the course.