



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

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.

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

Assessment / Exam

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

Career Opportunities

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.