



Department
for Work &
Pensions



**LEARNING
IN FAMILIES**

EMERGENCY FIRST AID AT HOME

COURSE SUMMARY:

This course is a flexible unaccredited course that is useful for parents and carers at home who would like to develop their confidence in learning how to deal with first aid at home, but do not need a qualification in the subject.

ENTRY REQUIREMENTS:

- You can join this course if you are a parent or carer aged 16 or over and happy to take part in interactive learning, group activities and discussions



AWARD:
Unaccredited

WHAT WILL YOU DO ON THIS COURSE?

During the course you will learn a range of skills including:

- ✓ **What do I** need in a first aid box?
- ✓ **How to assess** someone for unconsciousness and how to put them in the recovery position
- ✓ **Basic** resuscitation
- ✓ **How to treat** someone who is bleeding

This course involves working in pairs and in a small team, as you will need to practice certain techniques on each other.

Comfortable clothing is recommended for this course.

PROGRESSION FROM THIS COURSE:

We provide a wide range of courses that you can progress on to.

- English, IT or maths in a school setting, 'Step Ahead in English'
- Emergency First Aid for the Workplace
- Digital Skills for the Office



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THE GATEWAY TO LEARNING IN YOUR COMMUNITY