



## First Aid for Parents

**Qualification:** Accredited by ITC First

**Duration:** 1 day / 4 – 8 hours

**Certificate:** 3 years

A practical one day course covering essential lifesaving techniques and Basic Life Support (BLS) to ensure that you feel confident dealing with a life threatening emergency. The course duration is flexible however the more time we have the more we can cover. Starting with immediately life threatening first aid situations, we move on to minor injury and child related illness to ensure you feel confident looking after babies and children. Adult protocols can also be covered if required.

**Core content:** Managing an incident, vital signs, unconscious casualties, Safe Airway / Recovery position, CPR and choking. With a full day we can also cover bleeding, head injuries, burns, meningitis, febrile convulsions, croup etc.

**Assessment:** Continual assessment by trainer observation.

**Certificate:** Certified by ITC First and valid for three years.



ITC First is a recognised awarding body that develops qualifications and approves, supports and verifies the activity of training centres delivering accredited first aid courses and qualifications.

**Elements First Aid** is a training centre approved to deliver Ofqual, SQA and ITC accredited courses and qualifications.

Established by Flora Schnider in 2006, **Elements First Aid** provide a variety of exceptional first aid courses to groups of individuals in the UK and overseas. Flora is an experienced professional trainer with over 10 years of experience dealing with accidents and emergencies on front line 999 ambulances in central London. A mum of two, she is passionate about fun, practical, relevant first aid training.

**Price:** £595 for a group to a maximum of 10. Smaller or larger groups can be accommodated. Please contact us for more information.

Price is for a group in your own venue and includes all course equipment - course materials, first aid manuals, resuscitation manikins, handouts, course registration and certification. Travel expenses and accommodation may be at an additional cost depending on course location.