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# Introduction to First Aid – Zone 2

## Contact Us

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[https://www.theskillsnetwork.com/  
learners/courses/online-first-aid-  
course-first-aid-zone-2](https://www.theskillsnetwork.com/learners/courses/online-first-aid-course-first-aid-zone-2)

## Online Distance Learning Course



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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.

Zone 2 is made up of manageable sections, including:

### **Section 1: Asthma**

In this section, you will learn what asthma is, what the signs are that an individual is about to have an asthma attack and the correct first aid procedures for dealing with an asthma attack.

### **Section 2: Bone, muscle and joint injuries**

This section covers different types of fracture, sprains, strains, as well as the signs and symptoms of a fracture, sprain and strain. You will also look at how to treat these bone, muscle and joint injuries.



### **Section 3: Shock**

In this section you will look at the signs of shock, the causes of shock, and the different types of shock. You will also learn how to treat a casualty who you suspect is in shock.

### **Section 4: Severe bleeding**

You will look at the different types of bleeding in this section, such as arterial bleeding and venous bleeding. You will also learn how to control external bleeding.

## **KEY INFORMATION** ⓘ

Full Cost Price 	<b>FREE</b>
Course Length 	4 hours
Learning Method(s)	Online learning materials with online assessment

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