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Introduction to First Aid – Zone 4

Contact Us

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learners/courses/online-first-aid-
course-first-aid-zone-4](https://www.theskillsnetwork.com/learners/courses/online-first-aid-course-first-aid-zone-4)

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 3 is made up of manageable sections, including:

Zone 4 is made up of manageable sections, including:

Section 1: Head Injuries

This section explains what a head injury entails, the signs and symptoms of a minor head injury, the signs and symptoms of a serious head injury, and the appropriate treatment for head injuries.

Section 2: Severe Allergic Reaction

In this section, you will learn what an allergic reaction is, what a severe allergic reaction is, the signs and symptoms of an allergic reaction, and how to treat an individual for an allergic reaction.

Section 3: Strokes

This section covers the different types of strokes, the causes of strokes, how to treat a casualty suffering from a stroke and the appropriate first aid response for a stroke.

Section 4: Unconscious casualty

In this section, you will look at what unconsciousness is, how to check if an individual is breathing, how to open someone's airway, how to place someone in the recovery position, and the importance of the recovery position.

Section 5: Resuscitation

This section covers CPR, how to carry out CPR, how to carry out hands only CPR and the importance of carrying out CPR correctly. You will also learn how to carry out CPR for children of different ages, and will gain an understanding of the legal protection for first-aiders.

KEY INFORMATION

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

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