

## **Emergency First response (First Aid)**

**Because** diving often takes place at remote locations, it is essential for divers to have the first aid knowledge and skills that enable them to sustain life and promote relief until professional help arrives.

This First Aid training program is designed for all recreational scuba divers or anyone wishing to develop the necessary life saving skills for work home or whilst at leisure.

The care given in the first hour following an incident can be the difference between life and death.

This new course covers the four cornerstones of first aid incidents: First Aid, CPR, Oxygen Administration, and Accident Management.

The course follows the same priorities of care used by professional rescuers.

Emergency First Response Primary Care (CPR) assumes that local Emergency Medical Service (EMS) providers are in place to support Emergency Responder care.

The course contains videotape, lecture, and hands on skill sessions in particular the ABCD's of first aid:

### **Emergency First Response Primary Care (CPR) approx 6.5 hours**

This course covers emergency care for most life threatening emergencies. Participants focus on primary care through knowledge development, skill development and scenario practice. The major skills learned in this course are:

- Scene Assessment
- Barrier Use
- Primary Assessment
- Rescue Breathing
- One Rescuer, Adult Cardiopulmonary Resuscitation (CPR)
- Serious Bleeding Management
- Shock Management
- Spinal Injury Management
- Conscious Choking Adult
- Emergency Oxygen Use Orientation if you're a diver

### **Emergency First Response Secondary Care (First Aid) approx 3 hours (optional extra)**

This course covers injuries or illnesses that are not immediately life threatening or when local EMS is unavailable or delayed. Participants focus on secondary assessments and the appropriate first aid through knowledge development, skills development and scenario practice. Skills learned include:

- Injury Assessment
- Illness Assessment
- Bandaging
- Splinting for Dislocations and Fractures

### **Program Materials**

Emergency First Response quality materials incorporate state of the art instructional design: Students who successfully complete the course will receive internationally recognized course completion cards.

This course meets requirements to be used for CPR training for "appointed persons" for use in the UK work place.

*The Emergency First Response Participant Manual* — This is your guide through Emergency First Response. It is divided into an Independent Study Workbook to learn the basic concepts, a Skills Workbook to help with practical sessions and an Emergency Reference section to use after you've completed your course.

*The Emergency First Response Video* — This video gives you the background knowledge you need to effectively respond to an emergency. It also previews the skills you'll be performing with your instructor during your skill development sessions.

**Cost £80.00**