

# First Aid Training



ILS is an accredited UK First Aid Qualification centre. We offer an RFQ Level 3 Award (England, Northern Ireland & Wales) Emergency First Aid at Work certification. We have adapted this standardised programme of learning for our clients deploying overseas, presenting our unique First Aid in the Field Training. At the heart of the programme lies our guiding principle: **Do simple well.**

We understand that many first aid training courses leave learners feeling overwhelmed by the knowledge they have received. Feedback we have heard often suggests that first aid is very complex, full of acronyms and mnemonics, and highly prescriptive approaches.

At ILS we have found that simplicity empowers our learners. Our first aid courses have been developed by certified first aid trainers with extensive paramedical experience of disaster relief and humanitarian work in high-risk contexts.

## Topics covered on our standard one day First Aid in the Field programmes include:

- Fears of First Aid
- First Responder Actions
- Airway management
- Secondary Survey
- Recovery Position
- CPR
- AEDs
- Heart Attacks
- Seizures
- Choking
- Bleeding (*Serious and Catastrophic*)
- Use of Dressings, Tourniquets and Slings
- Embedded Objects
- Burns
- Breaks
- Minor Injuries



The courses focus on a wide range of context-specific scenarios, injuries and conditions that consider the reality of delivering first aid where access to definitive care is less available.



Designed for a maximum of 12 participants, the courses are delivered as one-day training events.



Courses can be delivered at ILS' training centres in the UK and Kenya (where we can offer immersive, simulation-based practical scenarios) at your office, or in the venue of your choice anywhere in the world.