

## Sports Emergency First Aid +AED

**This course is designed for teachers and coaches of sport, fitness instructors and sporting participants who wish to gain knowledge of emergency procedures & also want to gain the Emergency First Aid at Work certificate as recognised by the HSE.** **Â**

**Cost:** Â£445 for up to 12 students on your site

**Course length:** 1 day

**This course is for:** This course is designed for teachers and coaches of sport, fitness instructors and sporting participants who wish to gain knowledge of emergency procedures including AED use & also want to gain the Emergency First Aid at Work certificate as recognised by the HSE

**Certificate:** A 3 year HSE recognised Certificate of Competence will be awarded upon successful completion of the course.

**For bookings contact:** Nigel Sivyer Tel: 01322 666 404, Mobile 07960 937 120, Email [info@firstaidcourses.co.uk](mailto:info@firstaidcourses.co.uk)

### Aims

To enable candidates to summon help & give adequate and efficient Emergency Aid to a casualty injured during sporting activities using material to hand, an AED and HSE approved first aid equipment

### Objectives

By the end of this course the student will be able to:

- Â Â Â Â Examine an unconscious casualty and perform the recovery position
- Â Â Â Â Perform Recovery Position and CPR on adults including the use of an AED
- Â Â Â Â Demonstrate choking procedures on Adults
- Â Â Â Â Assess and treat fractures & dislocations
- Â Â Â Â Assess and treat soft tissue injuries (sprains & strains)
- Â Â Â Â Recognise and deal with head injuries (concussion & compression.)
- Â Â Â Â Know the contents of a sports first aid box
- Â Â Â Â Assess and treat an asthma attack, a diabetic emergency, Seizures and Heart Attack

## Syllabus

Â Introduction, registration welcome & domestics

- The task of the First Aider and priorities of First Aid practice
- *What is first aid? What to do at the scene of an emergency*
- Assessment of a casualty
- Recovery position
- Artificial Ventilation and CPR techniques including use of an AED
- Examination of an unconscious casualty
- Assessment and treatment of fractures & dislocations
- Assessment and treatment of soft tissue injuries (sprains & strains)
- Recognising and dealing with head injuries (concussion & compression.)
- Communication, Contents of a sports first aid box
- Assessment and treatment of an asthma attack, diabetic emergency, seizures and Heart Attack

