

Emergency First Aid

... a few seconds is all it takes to save a life.

Acting calmly and taking action in an emergency only happens if people know what to do.

Made in conjunction with St John Ambulance and The Ipswich Hospital, 'Emergency First Aid' has been developed to provide the basic first aid skills that everyone should have. Produced as a series of easy to understand clips, this programme can be played in sections for training support or used as part of a resource centre.(see note below regarding how this should be used)

It also includes a series of key information 'health & safety' clips that have been selected by the emergency services.

The first aid demonstrations:
clips':

- * CPR (Breathing & Pulse)
- * Recovery Position
- * Burns & Scalds
- * Bleeding
- * Head Injuries
- * Swallowed Poisons
- * Epileptic Fits (Unconsciousness)

The 'health & safety

- * Dialling 999
- * What is Triage?
- * Food & Drink
- * Tetanus
- * Painkillers
- * Child Safety

'...most impressed, Health Education Councils as well as schools will find it useful.'

East Hertfordshire NHS Trust

'I enjoyed and learnt a lot from this excellent product full of good information...'

Suffolk Neighbourhood Watch

'..contains practical demonstrations ..useful as a general guide for training'

British Safety Council

NOTE:

This programme is not designed to replace formal first aid training. Certain First Aid procedures such as CPR and Recovery position are regularly reviewed and care should be taken to ensure that correct practices are used when demonstrating techniques.