



MSFL Ltd Level 1 Award in Basic First Aid

Course Introduction

This is a three-hour workshop, which aims to provide the learner with:

- The knowledge, practical skills and confidence to be able to attend an unconscious casualty
- The knowledge, practical skills and confidence to be able to deal with a number of medical conditions.
- Basic advice on how to limit the effects of injury and promote recovery
- Knowledge of the requirements of emergency action planning

About My Skills for Life Ltd (MSFL Ltd)

MSFL Ltd will provide you with your training and any support materials required. We will deliver the course at an appropriate training venue. We will also provide you with the end of course evaluation and will provide you with a certificate of attendance.

Our Mission Statement:

“Provide the best possible training and event cover, ensuring we offer the most cost effective support for our current and future clients and patients, whilst keeping our unique service as effective, informative and fun as possible but always professional and up to date”

Our Aim

Deliver quality, affordable, reliable and professional training courses and medical staff to anyone who requires our services.

Course Aim

To provide the candidate with the knowledge, practical skills and confidence to enable him/her to attend a conscious or unconscious casualty, ensuring that appropriate care is given until the emergency medical services arrive and takeover, or until an alternative healthcare professional(s), assumes responsibility for the casualty.

Learning Outcomes

By the end of the course learners will be able to: -

- Recognise their role and responsibility as a nominated First Aider
- Identify the key components of an Emergency Action Plan (EAP)
- Evaluate incidents and prioritise the needs of casualties
- Determine whether a casualty is conscious or unconscious and perform the correct procedure to open the airway
- Identify best practice when summoning medical assistance, in terms of when, how and knowing what information is required
- Demonstrate the correct technique when placing a casualty in the recovery position
- Apply the correct techniques whilst performing chest compressions and rescue breaths
- Discuss appropriate actions following an incident
- Recognise the signs and symptoms, and administer appropriate first aid when dealing with a range of conditions in a conscious casualty

Course Contents

- Principles of First Aid
- Emergency Action Planning
- Reacting to an Incident



MANAGEMENT OF SICK AND INJURED

- 'Primary Survey' (Response / Airway / Breathing / Circulation)
- 'Recovery Position'
- 'Secondary Survey' (brief head to toe examination)
- Resuscitation Algorithm
- Choking
- Principles of bleeding

Duration

3 hours mostly practical

Numbers

Minimum 8 / maximum 20.

Pre-course preparation

None required however candidates are required to wear smart but comfortable clothing.

Must be age 14 years or above

Candidates must be able to perform skills on the floor and therefore should be mobile enough to lean on their knees

Assessment

Ongoing assessment

Certification

MSFL Ltd will provide a certificate of attendance. This will be posted to either the candidate or sponsor approximately 1 week from date of training.

Ofqual Accredited

No

Ofqual qualification reference

N/A

Suggested Progression

- Level 3 Emergency First Aid at Work (1 day)
- 12 Hour Paediatric First Aid Course
- Level 3 First Aid at Work (3 day)