

CPD First Aid Course Specification

Course Overview

First Aid is an essential life skill that equips individuals with the knowledge and confidence to respond quickly and effectively in emergency situations. This comprehensive course provides learners with the practical skills and theoretical knowledge required to manage a range of common medical emergencies while maintaining high standards of health, safety and professionalism.

Suitable for complete beginners as well as professionals wishing to refresh their knowledge, this course combines theory-based learning with assessment to prepare learners to respond appropriately in emergency first aid situations.

Course Content

During this course, learners will cover:

- Introduction to First Aid
- Understanding First Aid Regulations and Responsibilities
- Health, Safety and Emergency Procedures
- Conducting a Primary Assessment of a Casualty
- Assessing Conscious and Unconscious Casualties
- Cardiopulmonary Resuscitation (CPR)
- Using the Recovery Position
- Choking Emergencies
- Managing Severe Bleeding
- Burns and Scalds
- Asthma Attacks
- Shock
- Seizures
- Fainting
- Fractures and Soft Tissue Injuries
- Record Keeping and Accident Reporting
- Professional Responsibilities and Best Practice

Course Structure

This course is delivered through a comprehensive theory programme followed by a written assessment.

- **Theory:** 100%
- **Assessment:** Written assignment

Learners will first develop the underpinning knowledge required to recognise emergency situations, provide appropriate first aid, and understand their legal responsibilities when responding to incidents.

Entry Requirements

This course is suitable for complete beginners and no previous first aid qualifications are required.

It is ideal for:

- Individuals wishing to gain an accredited First Aid qualification.
- Hair and beauty professionals looking to meet insurance or professional requirements.
- Business owners and employees who require first aid knowledge in the workplace.
- Anyone wishing to develop essential life-saving skills or refresh their existing knowledge.

Learning Outcomes

By the end of this course, learners will be able to:

- Understand the principles and legal responsibilities of First Aid.
- Carry out a primary assessment of a casualty.
- Perform CPR safely and effectively.
- Place an unconscious casualty into the recovery position.
- Recognise and respond appropriately to common medical emergencies, including choking, asthma attacks, burns, bleeding and shock.
- Understand the importance of accurate accident reporting and record keeping.



- Apply safe, effective and professional First Aid procedures in accordance with current guidelines and best practice.