



Creating Confidence to CareSM

Operated by London School of Diving

EFR Primary Care (CPR) Course Content

EFR Primary Care (CPR) teaches participants how to respond to life-threatening emergencies. The course focuses on primary care through a combination of knowledge development, skill development and realistic scenario practice to make sure participants have the confidence in their ability to provide care when emergency situations arise. This course is based on guidelines from ILCOR and is HSE approved.

Primary Care (CPR) skills taught in this course

Scene Safety Assessment Universal Precautions - Communicable Disease Protection, including barrier use, Primary Assessment, Rescue Breathing, Cardiopulmonary Resuscitation (CPR), Conscious and Unconscious Choking, Obstructed Airway Management, Serious Bleeding Management, Shock Management and Spinal Injury Management.



EFR Secondary Care (First Aid) Course Content

Emergency First Response Secondary Care (first aid) covers injuries or illnesses

that are not immediately life threatening. Participants focus on secondary assessment and first aid through knowledge development, skill development and realistic scenario practice.



Secondary Skills taught in this course

Injury Assessment, Illness Assessment, Bandaging, Splinting for Dislocations and Fractures.

Also included are Reference Sections on the following topics:

First Aid Kit Assembly, Allergic Reactions, Bruises, Burns, Chemical Burns, Cuts, Diabetic Problems, Dislocations and Fractures, Electrical Injuries, Eye

Injuries, Heart Attack, Seizures, Scrapes, Sprains and Strains, Stroke Frostbite, Heat Exhaustion, Heatstroke, Hypothermia, Dental Injuries, Poisoning, Insect Stings, Spider Bites.

EFR Instructors

All our EFR Instructors are trained to teach high quality courses with maximum hands-on practice to prepare you for that inevitable accident. There is also a final exam at the end of the course, which the participants must pass with a score of 75%.

Course schedule

The course is performance based but generally takes about 6 hours.

Once you have completed the course you receive a certification card that is valid for 2 years.

Cost

Full EFR Course: **£130**

Refresher: **£99**

For further information or to book your course, telephone the centre on 020 8995 0002. Alternatively, you can email us your details and we will call you back.



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