



## *Creating Confidence to Care<sup>SM</sup>*

### **Emergency First Response Primary Care & Secondary Care - 1 Day £129**

#### **Primary Care (CPR) Course Content**

Emergency First Response 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.

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 Obstructed Airway Management Serious Bleeding Management Shock Management Spinal Injury Management
- Recommended Skills
  - o Automated External Defibrillator (AED) training
  - o Emergency Oxygen Use Orientation.



#### **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



**Includes Reference Section on the following topics:**

Allergic Reactions, Bruises, Burns, Chemical Burns, CPR (adult, child, infant) Choking (adult and infant), Cone Shell Stings, Coral, Jellyfish and Hydroid Stings, Cuts, Dental Injuries, Diabetic Problems, Dislocations and Fractures, Electrical Injuries, Eye Injuries, First Aid Kit Assembly, Fish Spine Injury, Frostbite, Heat Exhaustion, Heatstroke, Heart Attack, Hypothermia, Illness Assessment, Injury Assessment, Insect Stings, Octopus Bites, Poisoning, Rescue Breathing (adult, child, infant) Scrapes, Seizures, Snake Bites, Spider Bites, Sprains and Strains, Stroke, Temperature Related Injuries, Venomous Bites and Stings, and Illness Assessment Record Sheet.

This course is **£129** and includes student manual, DVD rental, full instruction and certification. This is HSE recognized and valid for Divemaster and Rescue course CPR/ First Aid requirements. EFR Refresh courses are priced at £99.



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*Operated by London School of Diving*

### **Emergency First Response Care for Children Course - 1 Day £99**

The Emergency First Response Care for Children course is an innovative CPR, AED and First Aid training course that teaches participants how to provide emergency care for injured or ill children (ages one to eight) and infants less than one year old. Participants learn about the types of medical emergencies that children face, and how they differ from adult conditions. The curriculum also includes the importance of attending to basic emergency situations with children, the emotional aspects of caring for children, secondary care for children, and preventing common injuries and illnesses in children.

Emergency First Response Care for Children course trains the lay rescuer to follow the same priorities of care used by medical professionals. The student masters the priorities and the procedures of patient care for infants and children in a non-stressful learning environment, which reduces the performance anxieties that interfere with learning and enhances confidence when rendering aid in a real medical emergency.

The course includes both primary care (CPR) and secondary care (first aid) skills. The primary care portion of the course prepares the rescuer to render aid to an infant or child with a life-threatening emergency such as choking or cardiac arrest. Secondary care focuses on developing secondary patient care skills and building the rescuer's confidence to render first aid to an infant or child in need when emergency medical services are either delayed or unavailable. The Care for Children course content is based on guidelines from the Pediatric Working Group of ILCOR.

#### **Care for Children Primary Care Course Content:**

Scene Safety Assessment Universal Precautions-Communicable Disease Protection & Barrier Use Primary Assessment Obstructed Airway Management (child and infant) Rescue Breathing (child and infant) Cardiopulmonary Resuscitation (child and infant) Automated External Defibrillator (AED) use Serious Bleeding Shock Management Spinal Injury Management.

#### **Care for Children Secondary Care Course Content:**

- Injury Assessment
- Bandaging
- Illness Assessment.



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