

## First Aid CPR and AED with certification NSC

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**Duration** 1 Day

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**Target group** Our course First Aid, CPR & AED has been designed using extensive research and educational testing to improve skill mastery and long-term retention.  
This course is taught in a dynamic and hands-on way with industry leading curriculum and content from the expert in occupational first aid training.

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### Prerequisites

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**Objective** Upon completion of the course the delegate will be able to:

- Recognize an emergency
- Act appropriately and effectively
- Sustain life until professional help arrives.

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**Contents**

- Acting in an Emergency
- Preventing Disease Transmission
- Check the Victim
- Recovery Position
- Choking
- Bleeding and Wound Care
- Shock
- Burns
- Bone, Joint and Muscle Injuries
- Head and Spine Injuries
- Sudden Illness
- Poisoning and Allergic Reactions
- Cold and Heat Emergencies
- CPR and AED
- Choking
- Rescuing and Moving Victims

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**Exam** Delegate will be assessed by exam