TRAINER RESOURCES

FIRST AID TRAINING

General Reference Handout

Key Legislation: **Health and Safety (First Aid) Regulations 1981**

KEY STATISTICS

30,000
Out-of-hospital cardiac arrests each year in the UK

6,000
Deaths from choking each year — most preventable

8 minutes
Average ambulance response time in urban areas

3-4 minutes
Time before brain damage begins without CPR

LEARNING OBJECTIVES

- Conduct a primary survey using the DR ABC framework
- Perform effective CPR on adults, children and infants
- Use an AED (Automated External Defibrillator) safely and effectively
- Manage choking in adults, children and infants

STEP-BY-STEP GUIDE

1 D — Danger
Check for danger to yourself, bystanders and the casualty

2 R — Response
Check for response — shout and tap shoulders gently

3 A — Airway
Open airway — head tilt, chin lift

4 B — Breathing
Look, listen and feel for normal breathing for 10 seconds