

## About This Handout

This handout is designed for use by **First Aid Trainers** as a delegate resource. It covers the key knowledge areas, legislation, and practical skills required for the course. Delegates may retain this handout for future reference.

## Learning Outcomes

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

- Understand the principles of first aid and the role of a first aider
- Perform CPR on adults, children and infants
- Manage a range of medical emergencies including choking, anaphylaxis and seizures
- Treat wounds, burns and soft tissue injuries
- Use an AED safely and effectively

## Key Legislation & Standards

## Core Knowledge — First Aid Trainer

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## Practical Skills & Key Points

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### Key Facts to Remember

