

# Course Description

## Remote Emergency Care Level 1 First Aid



# Training Expertise



Remote  
**Emergency**  
Care

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## Level 1: Urban First Aid

### What is it?

A one-day practical course focusing on first response skills - the skills required to deal with a life-threatening incident when an experienced first aider is not available. The course involves plenty of hands-on practice including outdoor scenarios.

### Who's it for?

Anyone! This course is ideal for all people who participate in urban or semi-rural outdoor activities, be that walking the dog, fishing or gardening. Skills learnt on this course will also enable you to provide effective help to a first aider with a higher level of training. Many organisations insist that all of their staff have at least this level of first aid knowledge. This course is also appropriate for HSE Appointed Persons.

### Do I need to have learned first aid before?

No – this is an entry-level course.

### How long does it last?

One day. Training typically runs from 9am until 5.30pm.

### What does it cover?

- Scene management and personal protection
- Legal considerations
- The ABCDE of first aid
- Dealing with unconscious patients
- Opening the airway
- The Safe Airway Position
- Choking
- Assessing breathing
- Serious bleeding
- Burns
- Dealing with spinal injuries
- Communicating for help
- Cardiopulmonary Resuscitation

### Do I get a certificate?

Yes – you will be issued a certificate of attendance valid for 2 years, certified by Remote Emergency Care (see [www.remoteemergencycare.com](http://www.remoteemergencycare.com) for details).

### Who should I contact?

To find out more, contact the Training Expertise team on [info@training-expertise.co.uk](mailto:info@training-expertise.co.uk) or 01344 466390.