**First Aid Awareness**

**Dates** – 03/11/14, 05/02/15

**Aims** - To give a basic understanding of first aid and sufficient skills to provide underpinning knowledge for NVQs.

**Objectives** - Participants will:

* Have an introduction to First Aid
* CPR
* Recovery Position
* Wounds and Bleeding
* Heart conditions
* Dealing with a choking casualty