

Our First Aid Course provides you with the opportunity to learn new skills and help save lives. In every module, we have reproduced the basic first aid plan. This is the start of the treatment regime for all first aid situations. It is our first aid basic plan of treatment. Learn the ABC of first aid as printed here.

Assess the scene	
Protect yourself Protect the public Protect the casualty Phone for help	<i>Dangers can include:</i> <ul style="list-style-type: none">● Needle stick injuries● Body fluid contamination● Injuries caused by glass, metal, petrol or gas fumes● Electrical wires / lightning● Aggressive behaviour / drugs● Fire / smoke● Back injuries to either the casualty or the first aider● Chemical fumes● Traffic● Snakes or spiders
Assess the casualty (Are they alive)?	
CHECK Airway Breathing Compressions	<i>Assess the Casualty:</i> <ul style="list-style-type: none">● Is the casualty awake and responsive?● Is the casualty's airway clear?● Is their chest rising and falling?● Can you hear any breathing?● Are they making noises such as: wheezing, snoring, or gasping?● Can you feel any breath on your cheek?● Are they going blue in the face?● Are there signs of shock?
Assess the casualty for injuries	
CHECK For injuries	<ul style="list-style-type: none">● Are they bleeding?● Is there swelling?● Are their limbs deformed?● Are there puncture wounds or scratches present?