

Sports Injury Emergency First aid

Overview: -This course is aimed especially for those who supervise field sports i.e. Football, Rugby or Shinty and will give you the skills to look after a casualty on the sports field and to decide if further help is required

Course content: -

- Role of first aider
- Incident and casualty assessment
- Care of the unconscious casualty
- CPR cardio pulmonary resuscitation
- Management of seizures
- Treatment of shock and external bleeding
- Minor injuries
- Sever bleeding
- Hypoxia and chest injuries
- Medical emergencies
- Heart attacks
- Anaphylaxis
- Head injury and stroke
- Spinal injuries
- Hypothermia
- Use of an AED
- Fractures
- Sprains and strains

Course duration: - 7 contact hours over 1 day or 2 long evenings

Instructor to student ration: - 1-12

Venue: - If we are traveling to your venue then there must be enough floor space to practice the practical skills we will provide all training equipment.

Fees: - All fees are competitively priced and depend where the course is held and number of students (minimum number is one max 12 per instructor) and all course fees include the appropriate handbook and training pack please contact the center for a quote