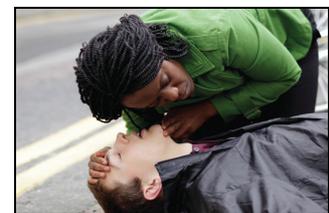


## Everyday First Aid

The British Red Cross provide Everyday First Aid training, this is a flexible way of learning basic first aid skills – simple to learn and easy to remember . Sessions can be tailored to your groups learning needs and can include skills for helping someone who may be suffering from;

- > Stroke
- > Heart attack
- > Broken bone
- > Head injury
- > Choking
- > Unconsciousness and breathing
- > Unconsciousness and not breathing
- > Burns
- > Seizures/epilepsy
- > Diabetes
- > Asthma attack
- > Poisoning
- > Distress
- > Sprains and strains
- > Hypothermia
- > Meningitis
- > Allergies/ anaphylaxis



Using real life scenarios means that learners can recall first aid skills more easily if a first aid emergency arises. The scenarios place the learners in a real life situation and allow them to think about what is available to them when giving first aid. For example, using a t-shirt to apply pressure to an open wound. Using everyday items to demonstrate that you can give first aid whatever the circumstances and not be put off helping by the lack of a first aid kit!

The use of simpler wording allows us to describe the condition NOT the intervention. Many people know about CPR and the recovery position, but are unsure in which situation to use them. The revised terminology used within everyday first aid, teaches them to treat what they see, and how and when it should be used.

By making first aid skills simpler and easier to learn, we hope people will be more confident and willing to use their first aid skills in an emergency. Many people think someone else will help or know what to do. In fact the more people there are at the scene of an accident, the less likely the person is to get the help they need. It is also important to remember that you're more likely to give first aid to someone you spend a lot of time with rather than a stranger