

## Essential First Aid (EFA)

This course deals with serious conditions and incidents. It is ideal if you want to know what to do when faced with an emergency involving an adult casualty.

**Who should attend?** This course is for members of the public who want to know what action to take in any emergency and want to learn how to deal with accidents and injuries.

St John Ambulance welcomes young people **from the age of 12** onto all our community first aid courses. If **under the age of 16**, you **must** attend with a responsible **adult** member of the family or guardian (two young people per adult).



### Course content

- Communication & casualty care
- Primary survey
- Unresponsive casualty – adult
- Resuscitation – adult
- Bleeding – severe
- Chest pains
- Choking – adult
- Head injuries
- Seizures
- AED demo
- Shock

### Certification

On successful completion of this course an E-Certificate, valid for 3 years, will be issued.

### Course duration and cost

**3 hours. £35.00** per delegate, to include all training materials.