

## What is Everyday First Aid?

Everyday First Aid is a new way to deliver first aid training developed by the British Red Cross which focuses on the most important key skills to make an impact when first aid is required. The course is delivered in a way to make it easy to learn and easy to remember. Most importantly it seeks to leave participants feeling confident that they could and would do something should they be presented with a situation that might require first aid. British Red Cross research has found that sadly so often people will not try and help or even get involved through fear of making matters worse or being sued, feelings of not knowing what to do or in the misplaced belief that someone else will do something. Everyday First Aid sets out to dispel some of these concerns and myths, to both motivate and train people to do something and make them realise that they can make a difference by doing something.

The Everyday First Aid course is flexible and modular covering potentially 18 key skills depending on the length of time available for the course. Of these, approximately 5-7 key skills can be delivered in a two hour session depending on which skills are selected to be delivered and the individual needs of the group being trained.

- > Helping an unconscious person who is not breathing
- > Helping someone who is choking
- > Helping an unconscious person who is breathing
- > Helping someone who is bleeding
- > Helping someone who has a burn or scald
- > Helping someone who has a broken bone
- > Helping someone who is having or has had a heart attack
- > Helping someone who is having or has had a brain attack ('stroke')
- > Helping someone who is having a 'seizure' or epileptic fit
- > Helping someone who is experiencing or has experienced a diabetic emergency
- > Helping someone who is having an asthma attack
- > Helping someone who has eaten or drunk a harmful substance
- > Helping someone who has suffered a head injury
- > Helping someone who is distressed
- > Helping someone who has a strain or sprain
- > Helping someone who is suffering from extremes of hot or cold
- > Helping someone who has meningitis
- > Helping someone who has an allergic reaction or anaphylaxis



Protective emblems used by  
the International Red Cross  
and Red Crescent Movement

The British Red Cross Society  
Incorporated by Royal Charter 1908  
Registered charity numbers:  
England and Wales: 220949  
Scotland: SC037738

Patron: Her Majesty The Queen