

# embrace-learning

From time to time we all find ourselves searching for the correct first response to a sudden illness or injury, very occasionally the situation will be life threatening, and at times like these the ability to respond quickly and safely could make all the difference.

This e-learning course will take approximately 1 hour to complete, during which time learners will develop basic First Aid skills and gain confidence in their ability to respond appropriately to accidents and the sudden onset of illness.

Using an easy to recall format this course provides key do's and don'ts relating to a range of minor injuries, serious incidents and emergency situations.

By the end of the course learners will be able to:

- Describe the responsibilities of nominated first aiders
- List the First Aid related responsibilities of their employer
- Explain the contents of a basic First Aid kit
- Identify basic First Aid steps for common injury or illness
- Discuss the fundamentals of First Aid including CPR

## First Aid

The image displays three screenshots of the Embrace e-learning course interface. The first screenshot, titled 'Assessing the ABC's', provides instructions on how to carry out an initial check and quickly assess the situation using the Airway Breathing Circulation rule. It features three interactive boxes: 'Airway' (Is the passage of the air to the lungs blocked?), 'Breathing' (Is the person able to breathe easily?), and 'Circulation' (Can you feel a pulse? If not you may need to apply CPR). The second screenshot, titled 'Fundamentals of First Aid', details a lifesaving technique used only in emergencies where the heartbeat or multiple steps to apply CPR. It includes instructions for 'Pump' (Start chest compressions. Compress mid breast bone 30 times. Pump hard and fast aiming for two compressions per second.) and 'Blow' (Tilt the head back, lift the chin slightly, pinch the nose, completely cover the person's mouth with your own and breathe till the chest rises. Give two breaths, lasting one second each. Continue with 30 pumps and 2 breaths until the person is breathing normally or emergency services arrive). The third screenshot, titled 'Basic First Aid Treatments for Common Injuries', covers 'Drowning, Stroke & Allergies'. It includes a warning about minor strokes and provides 'DO'S' (Call for medical help even if the person is responsive, Loosen any tight clothing, Stay calm and reassuring, If the person is unresponsive, open the airway and check breathing, If the breathing is normal, put them in the recovery position, If not responsive, apply CPR, Monitor pulse and breathing frequently) and 'DONT'S' (Don't delay, even minor strokes need immediate treatment).