



## Parents' First Aid

### Course Objectives

This first aid course is designed to help parents, grandparents and other family members recognise and deal with emergencies confidently and safely. Our experienced trainer takes you through the type of emergencies and accidents you might encounter, and how to administer first aid until medical assistance arrives.



### Course Content

- Typical children's emergencies
- How to recognise the signs of unconsciousness and how to respond
- Administering CPR (Cardiopulmonary Resuscitation) to a child
- How to deal with a choking child or baby
- Treatment of cuts and bruises
- Burns and scalds
- Poisoning and ingestion of hazardous substances
- Dealing with convulsions and fits

### Who Should Attend?

- Parents and grandparents of babies and young children
- Expectant parents
- Children's nannies and child minders
- Others working or caring for children

### Course Information

- Duration:** Half-day course (3 hours)  
**Location:** Eastbourne, East Sussex  
**Frequency:** Three-yearly updates  
**What's Included:** Tea/coffee and biscuits  
All work and exercise sheets  
Completion certificate

### Bookings

For availability and bookings, contact Unity Training Solutions today on 0845 034 6410.

### In-house Training

If you have a several staff to train, Unity can arrange group training workshops for you at their Eastbourne centre. Alternatively, if you have the facilities, training can be delivered in-house.