

## ▶ IMPROVING YOUR FIRST AID SKILLS

First aid courses have to be delivered face-to-face. This means that you can't complete any first aid qualifications or attend formal training until we return. However, you can still practice your skills to ensure you are at the top of your game and ready to train for a new qualification when we return to normal operations.

### COMPLETING ACTIVITIES

- ✓ You can refresh your first aid skills by looking for and researching content yourself. Use the resources provided in this guide to do this. All links have been checked for accuracy so you can be sure they are correct.
- ✓ Work with other cadets virtually. Take part in quizzes, set each other challenges or ask others what they'd do in various first aid scenarios.
- ✓ Your Squadron or Wing may also be providing first aid related training activities. Your squadron staff should be able to tell you what's planned.

### BHF HEARTSTART Blue Badge



The HeartStart course is split into seven sections, each with their own video. Visit [bit.ly/2Vtowxr](https://bit.ly/2Vtowxr) or scan/click the QR code to access the official videos.

### UK RESUSCITATION COUNCIL

The UK Resuscitation Council have released an interactive First Aid Package called Lifesaver. As well as the standard version, there is a virtual reality version available too! To use this you need a smartphone and VR headset. Visit [resus.org.uk/apps](https://resus.org.uk/apps) or scan/click the QR code to download the app.



### ST JOHN AMBULANCE



Lesson plans, videos and presentations for the **Bronze Youth First Aid** qualification are available. Visit [bit.ly/2XYeF4v](https://bit.ly/2XYeF4v) or scan/click the QR code to access the official videos.

You can also use any resource available from the St John Ambulance website. Visit [sja.org.uk/get-advice](https://sja.org.uk/get-advice) or scan/click the QR code.



SJA have developed first aid apps you can use to refresh your skills. Visit [sja.org.uk/get-advice/free-first-aid-app](https://sja.org.uk/get-advice/free-first-aid-app) or scan/click the QR code.

A first aid training workbook is available which you could use as part of your Duke of Edinburgh's Award (see **How To #3** for info). Visit [bit.ly/3cEGoew](https://bit.ly/3cEGoew) or scan/click the QR code.



### citizenAID APP



citizenAID is an app that can be downloaded to your smartphone. It's described as 'a step-by-step guide on how the public can act to stay safe and save lives of the injured'. Visit [citizenaid.org/home](https://citizenaid.org/home) or scan/click the QR code to download the app.