

LLDD Life Skills: First Aid at Home

Course overview

This course is for adults with learning difficulties and/or disabilities who want to learn about how to live their lives safely and be better prepared for things that may go wrong. It will help them to safely take care of small accidents and injuries and clearly identify when to ask for help and who to ask. It will support those living in independent or shared homes.

What will I study?

You will:

- identify why hygiene is important when giving first aid
- be able to treat simple injuries, such as small cuts, on yourself or others
- be able to apply basic first aid skills
- discuss how to be safe in a home or work environment
- identify when you can deal with accidents and emergencies
- know when and how to contact emergency medical services

Assessment method

- Take part in classroom activities and role plays
- Take part in Q&A sessions and short discussions to confirm your understanding
- Your tutor will give you verbal and written feedback throughout the course

Entry requirements

You should be able to:

- Be able to participate in class activities

- listen and respond to others in the class
- work with others by taking part in activities and short discussions
- follow instructions

What should I bring with me?

An A4 folder, A4 notepad and a pen.

Key information

Code	Date	Time	Location	Full Fee	Concessionary Fee
8714CP	Wednesday 21 April 2021 to Wednesday 26 May 2021	1pm to 3pm	Dagenham	£12.00	£12.00

Possible next steps

You will be supported to enrol on to other courses suitable for you, such as Personal Development through Drama, Relationships and Boundaries or other LLDD Health or Life Skills courses available at the college, following the successful completion of this course.

Contact us

Our friendly staff can give you further advice and support.



email: adultcollegeenquiries@lbbd.gov.uk



call: 020 8270 4722