

# SEND: First Aid at Home

## Course overview

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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?

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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

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- 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

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- Be able to participate in class activities, listening and responding to others in the class
- Be able to work with others taking part in activities and short discussions

- Be able to follow instructions

## What should I bring with me?

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An A4 folder, A4 notepad and a pen.

## Key information

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Where possible this course will take place on site with social distancing measures in place. In the event of a lockdown, the course will take place online via MS Teams or via a remote learning pack.

## Possible next steps

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

## Contact us

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Our friendly staff can give you further advice and support.



email: [adultcollegeenquiries@lbbd.gov.uk](mailto:adultcollegeenquiries@lbbd.gov.uk)

call: 020 8270 4722

