

Full First Response course video list:

These videos will be used during the course. You do not need to watch them beforehand as we will introduce each one during the course. Please keep the links handy.

Session 1

Primary survey - video available from St John Ambulance here:
<https://www.sja.org.uk/get-advice/first-aid-advice/how-to/how-to-do-the-primary-survey/>

Adult CPR - video available from St John Ambulance here:
[How to do CPR on an Adult First Aid Training St John Ambulance - YouTube](#)

Child CPR - video available from St John Ambulance here:
<https://www.youtube.com/watch?v=0aV9NS0ogiM&feature=youtu.be>

Defibrillator - video available from St John Ambulance here:
<https://www.youtube.com/watch?v=UFvL7wTFzI0>

Covid-19 information about CPR - video guidance from Resuscitation Council here:
<https://youtu.be/f4ZI1PAsmks>

Choking - video available from St John Ambulance here:
<https://www.youtube.com/watch?v=PA9hpOnvtCk&t=4s>

Choking (child) British Red Cross: [Child First Aid: How to save a choking child - YouTube](#)

Recovery position - video available from St John Ambulance here:
<https://www.youtube.com/watch?v=GmqXqwSV3bo#action=share>

Session 2

Shock: St Johns Ambulance video -
<https://www.youtube.com/watch?v=61urGQrmeNM>

Further information: <https://cks.nice.org.uk/topics/sprains-strains/management/management/>

Session 3

Asthma - information about managing asthma attacks and using inhalers and spacers here:
<https://www.asthma.org.uk/advice/child/asthma-attacks/>
<https://www.asthma.org.uk/advice/inhalers-medicines-treatments/inhalers-and-spacers/reliever/>

Anaphylaxis and auto-injectors - more information from Allergy UK here:
<https://www.allergyuk.org/severe-allergy-and-anaphylaxis/adrenaline-auto-injectors>

Heart Attack: <https://www.youtube.com/watch?v=gDwt7dD3awc>

Duty of Care - Link for the Girlguiding e learning course:
<https://www.girlguiding.org.uk/making-guiding-happen/learning-and-development/first-aid-training/1st-response-training/>

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