



## **FIRST AID**

1. Demonstrate artificial ventilation & chest compression (CPR)
2. Demonstrate how to turn a casualty into the recovery position
3. Detail the treatment for shock
4. Apply direct pressure to a wound and control bleeding
5. Outline the treatment for asthma attacks, burns, diabetic emergencies, epilepsy and heart attacks
6. List the precautions needed when handling a spinal injury
7. Demonstrate how to immobilise a fracture
8. List actions needed to prepare for helicopter evacuation