

The Importance of First Aid

Would you know what to do?

Less than 1 in 10 people in the UK know basic first aid. Knowledge of dealing with someone who is choking, bleeding heavily or unconscious could save up to 150,000 people a year according to figures from the Office of National Statistics. Shockingly, 75 % more people in the UK die from situations where simple first aid could have saved them than die from lung cancer each year.

There are clear areas where simple training could make the difference, such as being able to tell if an unconscious casualty is breathing or not. Agonal gasps can be mistaken for effective breaths resulting in a non breathing person not receiving life-saving CPR. A new survey by St John's Ambulance has revealed that

- 59% of people would not intervene to try to save a life
- 24% would do nothing and await an ambulance or another individual.

We believe that the most common myth of all is that you should do nothing for fear of making things worse. We offer training courses from ½ day to 3 days giving all our delegates the confidence to save a life.

Norvic are soon to offer membership to all delegates giving them access to our knowledgeable trainers for advice and guidance on all issues relating to first aid.