

What is the First Aid Level 1 Course?

The level 1 first aid course is a basic first aid course, an introduction to emergency care, equipping learners with the skills to apply and perform basic first aid in emergencies. Delivered by registered health care professionals, learners will cover theoretical knowledge and have to perform practical skills competently, such as CPR and Choking.

First Aid level 1 is the starting point to the three levels of first aid, and is usually the minimum requirement to be met by companies when being inspected by governing bodies such as the Department of Labour.