
First Aid

First aid guides



Anyone can find themselves in a situation where they need to provide first aid to someone else. What are the basic procedures? Where should you start, and what should you watch out for? Get guidance from the **British Red Cross first aid instructions**..

[First aid guides](#)

First aid for the workplace videos



Do you prefer video guides? Thanks to the **First Aid for the Workplace videos by St John Ambulance**, you can learn how to handle situations you may encounter at work or at school. Find out what to do in case of a fracture, loss of consciousness, or an epileptic seizure.

[First aid videos](#)