

Health Sciences

Empowering Confidence with Essential First Aid Skills

Do you want to feel more prepared to handle emergencies? This friendly, practical course is perfect for anyone looking to learn the important first aid skills that can make a real difference in critical situations.

When does this start and end?

- 15 December 2025 - 17 December 2025

What are the entry requirements?

No formal qualifications are required to study this course. A willingness to learn is essential.

Need more information?

You can find out more about Northern College and the courses on offer by calling us on 01226 776000 or emailing us courses@northern.ac.uk

Course description

This course will explore basic first aid skills, including how to assess an incident requiring first aid and will provide practical advice on how to provide first aid to someone who is unresponsive.

What can this course lead to?

This course is beneficial for those who have been out of education or work for a while and are looking to gain new knowledge and skills or learners who volunteer within their local community and want to have confidence to help should someone come into difficulty. You could progress on to further short courses such as Discover Your Impact: Volunteering or if

you feel confident to, complete the accredited Level 3 First Aid at Work qualification. Our Student Support Services team will work with you to design a personalised learning journey based on your needs and aspirations.

Want to learn more?

You can find out more about Northern College and the courses on offer at one of our Open Events [<https://www.northern.ac.uk/open-events/>]

Course session dates

Session dates for 15 December 2025 - 17 December 2025

- Monday 15 Dec 2025 to Wednesday 17 Dec 2025

Last updated: 7th September 2025