**Online resources for first aid**

**You could have a go at the British Heart Foundation training app on cardiopulmonary resuscitation (CPR)**

British Heart Foundation training app on CPR & AED. It takes about 15 minutes and allows you to practise CPR and gives feedback on how fast you’re pushing. You’ll need a firm cushion and your mobile phone. Open the link below on your phone (can also use a tablet) and follow the instructions.

[Learn CPR in 15 minutes | RevivR | BHF](https://www.bhf.org.uk/how-you-can-help/how-to-save-a-life/how-to-do-cpr/learn-cpr-in-15-minutes?utm_campaign=RevivR_British_Golf~e22-017&utm_medium=email&utm_source=bhf&utm_content=&utm_term=)

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**British Cycling offer a 3 hour online first aid awareness course for £9.99**

<https://www.britishcycling.org.uk/coaching/article/FirstAidEssentials>

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**Here are some interesting videos on CPR,  using a defibrillator and strokes.**

Training video on giving CPR (4 mins), including use of rescue breaths.

[How to do CPR on an Adult First Aid Training St John Ambulance - Bing video](https://www.bing.com/videos/search?q=St+John%27s+video+on+CPR&docid=608018020529884526&mid=0AD05D1276D0C6A944AF0AD05D1276D0C6A944AF&view=detail&FORM=VIRE)

Training video on use of an AED, alongside CPR (4 mins).

[How to Use a Defibrillator (AED) - First Aid Training - St John Ambulance - Bing video](https://www.bing.com/videos/search?q=St+Johns+ambulance+use+of+AED+training+videos&docid=608001858669003142&mid=47450E64D8647D0E8C1947450E64D8647D0E8C19&view=detail&FORM=VIRE)

Bringing it to life – video of real incident, CPR & AED (first 5 minutes of video below).

[Live CPR/shock footage - Bing video](https://www.bing.com/videos/search?q=real+video+on+CPR&&view=detail&mid=A80EFE8675B07C64BCC1A80EFE8675B07C64BCC1&&FORM=VRDGAR&ru=%2Fvideos%2Fsearch%3Fq%3Dreal%2520video%2520on%2520CPR%26qs%3Dn%26form%3DQBVR%26%3D%2525eManage%2520Your%2520Search%2520History%2525E%26sp%3D-1%26pq%3Dreal%2520video%2520on%2520cpr%26sc%3D2-17%26sk%3D%26cvid%3D9D8C684B35784429905D7A2E26B13168)

Here is a video simulation of someone having a stroke and how to do the FAST test (2 mins).

[How to do the FAST test - Bing video](https://www.bing.com/videos/search?q=Fast+Stroke&&view=detail&mid=FF1FE7639FDB4A3843BDFF1FE7639FDB4A3843BD&&FORM=VRDGAR&ru=%2Fvideos%2Fsearch%3Fq%3DFast%2BStroke%26FORM%3DVDMHRS)

More detailed on what a stroke is, types, risk factors, how treated medically and effects (3 mins).

[What is a stroke? - Bing video](https://www.bing.com/videos/search?q=stroke+videos&docid=608010229459865686&mid=A9E37519D2B646EF07C3A9E37519D2B646EF07C3&view=detail&FORM=VIRE)

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**Here are some useful videos about fracture, how to apply a sling or improvised slings**

Video on what is a fracture and how to apply an arm sling (3 mins).

[How To Treat A Fracture & Fracture Types - First Aid Training - St John Ambulance - YouTube](https://www.youtube.com/watch?v=2v8vlXgGXwE&list=PLvd0isBh6beTimR5u73eLdNEQcqzrPaWh&index=11)

Video – using jacket, belt or duck tape (4 mins).

[How To Improvise Slings for Arm or Shoulder Injuries - YouTube](https://www.youtube.com/watch?v=8bKltc_A0o4)

Video - using a t-shirt or long sleeved shirt (2 mins).

[Arm Sling from a T-Shirt - Bing video](https://www.bing.com/videos/search?q=how+to+make+an+arm+sling+out+of+a+t+shirt&&view=detail&mid=AA989D6609127AE67432AA989D6609127AE67432&&FORM=VRDGAR&ru=%2Fvideos%2Fsearch%3Fq%3Dhow%2Bto%2Bmake%2Ban%2Barm%2Bsling%2Bout%2Bof%2Ba%2Bt%2Bshirt%26FORM%3DHDRSC3)

Description – using an inner tube.

[How to Wear an Inner Tube Sling | Velo Richard (wordpress.com)](https://velorichard.wordpress.com/2014/07/04/how-to-wear-an-inner-tube-sling/)