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First Aid
Mental Health First Aid
Health & Safety
Training



First Aid Changes Coming in 2026



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These are coming from

The European Resuscitation Council





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The background to the changes.....

Why the European Resuscitation Council (ERC) have updated their Guidelines for 2025

We want you to understand *why* the training materials have been updated — not just *that* they have been.

Here are the key reasons:

- The ERC has based the 2025 guidelines on the **most up-to-date evidence**. They used the International Liaison Committee on Resuscitation (ILCOR) “evidence-evaluation process” to review everything afresh. ([cprguidelines.eu](https://www.cprguidelines.eu))
- They’ve broadened the scope beyond just what the rescuer does: the guidelines now cover full systems (community response, out-of-hospital care, in-hospital care, first aid, newborns) so we can improve the entire “chain of survival”. ([cprguidelines.eu](https://www.cprguidelines.eu))
- There’s a focus on **low-resource settings, new technologies and new circumstances** (e.g., drones, video dispatch, AI, etc) — recognising that environments vary and we must adapt. ([cprguidelines.eu](https://www.cprguidelines.eu))
- The ERC wants to make the guidelines **easier to implement and train**, reflecting changes in real-world practice and making sure training aligns with what happens on the ground. ([erc.edu](https://www.erc.edu))





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Changes include ...dealing with and a new understanding of:

1. A cardiac arrest
2. CPR on the female casualty
3. How pads will be placed when using an AED
4. A drowning casualty
5. Performing CPR on a casualty who is in bed
6. Using triage tools when dealing with a casualty who is a child
7. The different age ranges of children and babies in first aid terms





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Continued Changes include ...dealing with and a new understanding of:

1. How we perform chest compressions on a baby
2. The new ABCDE of the casualty assessment from DRABC
3. Life threatening bleeding
4. The Jaw thrust technique
5. Amputated body parts
6. A new trigger in anaphylaxis
7. Hypoglycemia isn't always linked to diabetes
8. Chest pains in women
9. Supporting those with suicidal and harmful thoughts..





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We will keep you updated about your course, and you'll have plenty of chances to ask questions.

Our aim is that you leave feeling confident and fully competent when you leave your training.

If your training date is a little way off, don't worry.

If anything changes to what you already know, we'll let you know and explain any small tweaks you might need—nice and simple.

If you have a question now, Please send them through. We're here to help.

Please send queries to our lead tutor:

nikki@purpledogltd.co.uk

Thank you for learning with us, you are in safe hands.

