



## Our Provider's Tips

Soteria Solutions wants to ensure that our partners and learners have access to as much first aid information as they can during the COVID lock-down to keep your first aid skills and knowledge up to date or to learn new first aid skills.

First Aid training usually involves plenty of practical exercises to reinforce what has been taught in the classroom. However, face-to-face teaching is not currently possible so please see below a list of websites with useful first aid information that you may wish to look at and cascade to your learners and also a link to a You Tube clip which shows how to help a person in cardiac arrest during COVID to keep you and them safe.

[Anaphylaxis Campaign](#) - Information and support.

[Asthma UK](#)- Information and support.

[Diabetes UK](#) - Information and support.

[Epilepsy Action](#) - Information and support.

[Fatally Flawed](#) - Plug socket information.

[Good SAM App](#) - Good Samaritan mobile phone App.

[Inhalers](#)- Guidelines for emergency inhalers in schools.

[Meningitis Now](#) - Information and support.

[Resuscitation Council](#) - Information on resuscitation.

[Soteria Solutions](#) - Our website.

[Twitter](#) - Please follow.

<https://www.lifehack.org/articles/featured/20-quick-tips-for-better-time-management.html> -

Managing my time

<http://courses.2aspire.org.uk> - Adult learning within Lincolnshire

<https://youtu.be/f4ZI1PAsmks> - Cardiac Arrest Out of Hospital Guidance during COVID-19

*Kind Regards and keep safe, Soteria Solutions*