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First aid on your iPod launched

St John Ambulance has launched first-aid tips that can be downloaded onto MP3 players, phones and CDs.



The guide can be downloaded onto an MP3 player

iFIRSTAID offers advice on the steps someone should take if they come across an accident scene.

The charity said it was prompted by the 25% increase in inquiries about first aid courses it received immediately after the July bombings in London.

People can access and download the files online at www.sja.org.uk/ifirstaid.

Andrew New, senior training officer at St John Ambulance, said: "We heard from many people who had wanted to help the injured but were not confident to administer first aid.

“ Guidance available for people when they need it, where they need it, in the format they need it ”

Andrew New
St John Ambulance

"Now that MP3 players are so popular our iFIRSTAID downloads will make first aid guidance available for people when they need it, where they need it, in the format they need it."

Users can access information about identifying and treating burns, bleeding, shock and fractures, giving rescue breaths and chest compressions and putting someone in the recovery position.

The charity plans to develop the scheme to offer advice for further scenarios, first aid podcasts and seasonal first aid advice.

St John Ambulance stressed that the information was no substitute for first aid training, but was useful as a quick reminder to give people confidence and reinforce their knowledge.

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