

# FIRST AID DAILY QUESTION.COM

*Life Happens. Keep your First Aid knowledge fresh.*

## WHAT?

FirstAidDailyQuestion.com ('FADQ') is a free and simple way to help you to keep your First Aid knowledge fresh. Because #LifeHappens.

- Each morning, we'll send you a multiple choice question.
- It'll take you about 15 seconds to read, select an answer and discover if you've chosen the right one.
- We'll provide you with the correct answer and an explanation so even if you've chosen the wrong one... learning always happens.

## WHY?

In the event of injury or sudden illness, having the confidence to provide effective First Aid could save a life.

The Red Cross UK reports that "hundreds of thousands of people learn First Aid each year, yet only one in ten feels both skilled and confident enough to step forward and help a casualty<sup>[1]</sup>."

Similarly in a recent St John Ambulance survey, 59% of respondents stated that they "wouldn't feel confident trying to save a life<sup>[2]</sup>."

## WHO?

We're trying to reach everyone who could make a difference. Are you one of the following?

- A qualified First Aider who'd like to remember more from your course than you do?
- A parent or someone who works with children who wants to know more?
- An employer? The HSE can prosecute you if you don't have anyone who is able to supply immediate attention if an employee is injured or taken ill.
- Someone who just wants to feel able to help?

## HOW?

Simply sign up at [FirstAidDailyQuestion.com](http://FirstAidDailyQuestion.com)

We'll send you a multiple-choice question everyday to keep your First Aid knowledge fresh. All questions come with a full explanation and citations (usually St John Ambulance and Red Cross UK) so that if you want, you can delve deeper.

## FADQ Schedule:

Monday	Tuesday	Wednesday	Thursday	Friday
First Aid for Parents (and Teachers)	First Aid for Work	First Aid for Parents (and Teachers)	First Aid for Work	First Aid for Adventure Sports

**So what are you waiting for? #LifeHappens. Keep your First Aid knowledge fresh. Sign up and spread the word. [FirstAidDailyQuestion.com](http://FirstAidDailyQuestion.com)**

1 <http://blogs.redcross.org.uk/first-aid/2013/12/whats-the-point-of-knowing-first-aid-if-you-dont-use-it/>

2 <http://www.sja.org.uk/sja/what-we-do/latest-news/news-archive/news-stories-from-2010/april/2-in-3-couldnt-save-a-life.aspx>