

Time	Module	Content
9:00-9:30	Introduction	<ul style="list-style-type: none"> • Introduction: course outline and objectives • Role of the first aider (what is first aid?) • Differentiating between adult, child and infant for the purposes of first aid • Incident reporting and recording
9:30- 10:30	Primary survey and recovery position	<ul style="list-style-type: none"> • Conduct a scene survey • Conduct a primary survey • Demonstrate how to place a child and adult in the recovery position • Secondary survey if time allows
BREAK 15 minutes		
10:45 -11:45	CPR and the use of an AED	<ul style="list-style-type: none"> • Identify how and when to administer CPR and demonstrate effective CPR (adult and child only) • Safe use of an AED
11:45- 12:15	Disorders of respiration- choking and asthma	<ul style="list-style-type: none"> • Identify signs and symptoms of choking • Demonstrate how to administer first aid to someone who is choking • Recognise a suspected asthma attack • Identify how to administer first aid to someone having an asthma attack
LUNCH -30 minutes		
12:45-13:15	Anaphylaxis and Seizures	<ul style="list-style-type: none"> • Recognising suspected anaphylaxis • Identify how to administer first aid to a child with anaphylaxis • Demonstrate the use of auto- injector training aid • Brief coverage of seizure management (additional training required for those dealing directly with epilepsy children)

13:15-13:30	Shock and fainting	<ul style="list-style-type: none"> • Recognising signs and symptoms of shock and someone who is faint • Providing first aid to someone who is in shock or is feeling faint
13:30– 14:30	Dealing with minor ailments and common injuries	<ul style="list-style-type: none"> • Signs and symptoms • Treatment of conditions- • Concussion and skull fractures • Bleeding- cuts and grazes nosebleeds- bandaging and support slings • Fractures • Strains and sprains • Eye injuries
14:30- 15:00	Assessment and course closure- feedback and evaluation	
		Bites and stings and sunstroke and heat exhaustion if time allows

Course Timings

Ideally the course runs from 09:00 – 15:30, however if you would like the course to fit around your existing school day, please let us know the timings that you require, and we will be able to adapt the course accordingly. There is a limit as to how much can be effectively taught in a one day. Essential, lifesaving skills will always be taught and prioritised over ‘minor illnesses and injuries’- some additional topics may necessitate a two-day training session.

Please get in touch with us to talk about any other content you would like included in your training. To make sure that everyone leaves with new or sharpened first aid skills, our focus is on hands-on instruction.