

The following is a sample plan / course contents, timings and duration of sessions are flexible to cater for the needs of each particular group.

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Registration

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Introduction

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The role of the first aider – personal safety

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Vital signs – conscious level, breathing, pulse, temperature, colour

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Airway problems – recognising airway problems and managing the airway – coping with choking

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Safe management of an unconscious casualty, coping with seizures

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Break

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Breathing problems – coping with asthma

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Basic Life Support (CPR & AED's, UK and European resuscitation guidelines)

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Circulation problems – shock, common medical emergencies

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Bleeding – treating bleeding & recording information

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Lunch

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Emergency action – putting it all together in an Accident Procedure to manage emergencies safely

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Scenarios to practice the Accident Procedure

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Break

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Minor Injuries – immediate temporary care

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First Aid Kits

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Review, Question & Answer session

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Course end

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*Many of the topics are often taught with a practical hands-on learning approach, we can even run some of the topics outdoors. The needs of the group and the weather on the day are taken into account when deciding how each topic is covered.*

*This course is continually assessed and avoids the need for a formal final assessment.*