

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

DAY 1

Registration

Introduction

Accident Procedure - Primary Survey

Break

Emotional issues

Airway Problems - Choking

Basic Life Support (CPR & AED's)

Lunch

Circulation - Shock

Shock - Bleeding, Burns - Recording

Shock - Major illness

Break

Scenarios part 1

Review, Question & Answer part 1

Day one end

DAY 2

Revision and Questions

Deformity & Disability - Secondary Survey

Environmental issues

Break

Illness, Infection and Minor Injuries

First Aid Kits

Lunch

Scenarios part 2

Leadership, Rescue & Triage

Scenarios part 3

Break

Review, Question & Answer part 2

Day two end

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.