

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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Outdoor 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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*Whilst only the Scenarios state “outdoor”, many of the other topics are often taught outdoors with a practical hands on learning approach. 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.*