

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	DAY 2
Registration	Revision and Questions
Introduction	Secondary Survey
The role of a first aider, including safety	Major Injury
Vital Signs	Break
Accident Procedure, including seizures	Environmental issues
Airway problems including choking	Major Illness & Shock
Break	Lunch
Breathing problems – treating asthma	Practical Scenarios
Basic Life Support (CPR & AED's)	Remote First Aid, Rescue & Triage
Lunch	Practical Scenarios
Bleeding & Shock	Break
Burns & Scalds	BLS (CPR & AED) Practice
Minor Injuries	Review, Question & Answer session
Break	Day two end
Practical Scenarios	
First Aid Kits	
Review, Question & Answer session	
Day one end	

Many of the topics are often taught outdoors with a practical 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.