

Lesson	Time (mins)	Theory (T) Practical (P) Discussion (D) Demonstration/Practical (DEM)	Subject
	10	T/D	<ul style="list-style-type: none"> <li>• Introductions</li> </ul>
1	30	T/D	<ul style="list-style-type: none"> <li>• Identify types of accidents and emergencies on board that may require first aid to be administered and the type of casualties that may arise</li> </ul>
2	10	T/D	<ul style="list-style-type: none"> <li>• Describe methods of raising the alarm and how the manner and timing would relate to different degrees of accident or emergency</li> </ul>
3	40	T/P	<ul style="list-style-type: none"> <li>• Identify the immediate measures to be taken when accidents or medical emergencies occur</li> <li>• Prioritise actions required when providing first aid</li> <li>• Outline the importance of minimising risk of further harm to self and casualty</li> </ul>
	15		<b>Break</b>
4	15	T/D	<ul style="list-style-type: none"> <li>• Describe body structure and functions relating to elementary first aid</li> </ul>
5	15	T/D	<ul style="list-style-type: none"> <li>• Identify emergency first aid equipment and demonstrate its use, including improvisation of bandages</li> </ul>
6	75	T/P	<ul style="list-style-type: none"> <li>• Demonstrate maintenance of airway, breathing and circulation in a casualty requiring resuscitation and an unconscious or choking casualty</li> <li>• Demonstrate correct positioning of a casualty according to the injury</li> </ul>
	30		<b>Lunch</b>
7	20	T/D	<ul style="list-style-type: none"> <li>• Describe cause and recognition of shock and demonstrate its management</li> </ul>
8	60	T/P	<ul style="list-style-type: none"> <li>• Describe types of bleeding and demonstrate their control and management</li> </ul>
9	30	T/D	<ul style="list-style-type: none"> <li>• Describe cause and recognition of burns, scalds and accidents caused by electric current and demonstrate their management</li> </ul>
	15		<b>Break</b>
10	55	T/P	<ul style="list-style-type: none"> <li>• Identify casualty rescue and transportation techniques</li> </ul>
	20	T/P	<ul style="list-style-type: none"> <li>• Written Assessment</li> </ul>
	20	T/P	<ul style="list-style-type: none"> <li>• Practical assessment</li> </ul>
	10		<ul style="list-style-type: none"> <li>• Marking</li> </ul>
	10	D	Course Feedback and Evaluation