

Lesson	Time (mins)	Theory (T) Practical (P) Discussion (D)	Subject
1	30 mins	T / D	Introductions
2	40 mins	T / D	<p>Understand the role and responsibilities of a first aider</p> <ul style="list-style-type: none"> • Identify the role and responsibilities of a first aider • Minimise the risk of infection to self and others • Identify the need for consent to provide first aid
3	140 mins	T / P / D	<p>Be able to assess an incident</p> <ul style="list-style-type: none"> • Conduct a scene survey • Conduct a primary survey of a casualty • Conduct a secondary survey of a casualty • Justify when to place casualty into the recovery position • Place a casualty into the recovery position • Summon appropriate assistance when necessary
4	120 mins	T / P / D	<p>Be able to manage an unresponsive casualty</p> <ul style="list-style-type: none"> • Identify when to administer cardio pulmonary resuscitation (CPR) • Demonstrate CPR using a manikin • Administer first aid to a casualty who is experiencing a seizure
5	20 mins	T / P	<p>Be able to provide first aid to a casualty who is choking</p> <ol style="list-style-type: none"> 1. Identify when choking is <ul style="list-style-type: none"> • Mild • Severe 2. Demonstrate how to assist a casualty who is choking
6	60 mins	T / P / D	<p>Be able to provide first aid to a casualty with external bleeding. Know how to provide first aid to a casualty who is in shock</p> <ul style="list-style-type: none"> • Identify the severity of external bleeding • Demonstrate control external bleeding • Recognise a casualty who is suffering from shock • Administer first aid to a casualty who is suffering from shock

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7	20 mins	T / P / D	<p>Know how to provide first aid to a casualty with minor injuries</p> <ol style="list-style-type: none"> 1. Administer first aid to a casualty with <ul style="list-style-type: none"> • Small cuts • Grazes • Bruises • Small splinters 2. Administer first aid to a casualty with minor burns and scalds
	30 mins	T / D	Written assessments
	10 mins		End of course evaluation
End of Course			