

DAY 1

Lesson	Time (mins)	Theory (T) Practical (P) Discussion (D)	Subject
	30 mins	T / D	Introductions
1	40	T / D	Understand the role and responsibilities of a first aider
2	40	T / P / D	Be able to assess an incident
3	120	T / D	Be able to manage an unresponsive casualty
4	30	T/P/D	Know how to provide first aid to a casualty with suspected heart attack
5	20	T/P/D	Be able to provide first aid to a casualty who is choking
6	110	p	Practical session and assessment on CPR and use of an AED
	30	T / D	Written assessment
End of Day 1			

DAY 2

	30	D	Review Day 1
1	120	T/P/D	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
2	30	T/P/D	Know how to provide first aid to a casualty with an eye injury
3	30	T/P/D	Know how to provide first aid to a casualty with minor injuries

Lesson	Time (mins)	Theory (T) Practical (P) Discussion (D)	Subject
4	120	T/P/D	Know how to provide first aid to a casualty with suspected injuries to bones, muscles and joints
5	30	T / P / D	Know how to provide first aid to a casualty with suspected head and spinal injuries
6	30	T / P / D	Know how to provide first aid to a casualty with suspected chest injuries
7	30	T / P / D	Know how to provide first aid to a casualty with burns and scalds
End of Day 2			

DAY 3

	30	D	Review Day 2
1	30	T / D	Know how to provide first aid to a casualty with sudden poisoning
2	30	T / D	Know how to provide first aid to a casualty with anaphylaxis
3	140	T / P / D	Know how to provide first aid to a casualty with suspected major illness
4	120	T / P / D	Practical assessment on BLS and AED
	40		Written assessment
	30	T / D	Review of written and practical assessments and course evaluation
End of Day 3			