

### Summary

The Paediatric First Aid Course provides you with an opportunity to practise and update your first aid knowledge. This includes the skills necessary to treat a range of injuries / illnesses in the early years setting including how to assess & treat a casualty who is bleeding, unconscious or stopped breathing.

The course includes a 1-day e-learning module & a 1-day practical session. The practical session will include hands-on scenarios and activities that will develop your confidence in administering first aid and provide you with essential life saving skills.

### E-learning course details

#### Outline

The e-learning module is completed online and includes a series of topics, videos and tools that will provide you with some essential first aid knowledge prior to your practical session. The module also includes a number of multiple choice questions to verify your learning for each topic. A list of the key topics can be found on page 3.

#### How to access your online course

You will be sent login codes once you have registered you for your course. Please ensure you check your junk mail and spam mail folders and ensure you add [donotreply@active-aid.co.uk](mailto:donotreply@active-aid.co.uk) to your safe senders list or address book.

We strongly recommend you set aside some dedicated time to complete the module. The maximum time it should take you is 6hrs although most people find they complete their e-learning in less time. You can save and return to each topic at any time. **Important:** you must complete the e-learning prior to the practical course.

#### Assessment & certification

Assessment is ongoing throughout the e-learning and practical sessions. In order to qualify for your certificate you are required to complete the e-learn module and attend the practical course. A certificate valid for three years will be provided on successful completion of both the practical course and e-learning module.

#### What we provide

The course is focused on relevant practical first aid skills that can be applied to real situations. We encourage an active & experiential approach to learning that supports your skill development.

We use clear, simple relevant explanations of theory and supply a first aid manual that supports and builds on your first aid knowledge. We are happy to signpost further information if required.

Further details about the practical session can be found on page 2. Please get in touch if you have any further queries or require any support with your e-learning module.

## Practical course details

### Times

The practical day includes two x 15 minute refreshment breaks and a 30 minute lunch break. Course registration is at 9.20am and finishes at 4.30pm. Please be punctual at all times as this course requires 100% attendance to qualify.

### What to bring

- ✚ Lunch (refreshments will be available for morning and afternoon breaks)
- ✚ Comfortable clothing suitable for moving around and lying on the floor
- ✚ Proof of identity i.e. passport, driving licence photo ID card etc.
- ✚ Copy of your e-learn certificate / proof of completion (this can be digital)

### What to expect

The course includes a number of practical scenarios which involve lying on the floor, being checked for 'injuries' and physically moving people. In order to simulate real life first aid scenarios you will be required to take on the role of casualty & first aider. This is a good indicator of your understanding.

Remember to look after yourself, lift / lower appropriately & take care of your knees. You are asked to respect and consider the well-being of others on the course. Please inform your trainer if you are uncomfortable with anything and if you have any pre-existing conditions that they should be aware of.

## Practical day topics

### Introduction

- A review of your e-learning session and introduction to the practical session

### Assessing vital signs

- Checking brain activity, airway, breathing & circulation

### Casualty approach

- Performing the primary survey of an adult, child or baby that is unresponsive (D.R.S + A.B.C.)

### Stabilising an unresponsive casualty

- Placing an unresponsive person in a stable position (recovery position for an adult or child)

### Secondary survey

- Assessing a casualty for further injuries, illnesses & vital information for summoning help

### Medical emergencies

- Treating immediately life threatening conditions including choking, seizure & anaphylaxis

### Treating a non-breathing casualty

- Performing CPR on an adult, child or baby and the use of a defibrillator (AED)

### Managing severe bleeding

- Administer first aid to an adult, child or baby who is bleeding, wounded &/or suffering from shock

### Q&A

- An open session to ask your trainer further questions on any other topic to clarify your learning.

## E-learning topics

- The aims of first aid, the role of the paediatric first aider
- How to assess an emergency situation and prioritise what action to take
- Epilepsy and seizures
- Meningitis
- Asthma
- Allergic reactions and anaphylactic shock
- Fractures, dislocations, sprains & strains
- Head, neck and spinal injuries
- Croup
- Sickle Cell Anaemia
- Diabetes
- Poisons
- Bites & stings
- Electrical shocks, burns & scalds
- Extreme temperatures: heat stroke, hypo and hyperthermia
- Accident reporting and first aid kits
- Help a baby or child who is unresponsive and breathing normally
- Help a baby or child who is unresponsive and not breathing normally
- Help a baby or child who is having a seizure
- Help a baby or child who is choking
- Help a baby or child who is bleeding
- Help a baby or child who is suffering from shock caused by severe blood loss (hypovolemic shock)
- Help a baby or child who is suffering from anaphylactic shock
- Help a baby or child who has had an electric shock
- Help a baby or child who has burns or scalds
- Help a baby or child who has a suspected fracture
- Help a baby or child with head, neck or back injuries
- Help a baby or child who is suspected of being poisoned
- Help a baby or child with a foreign body in eyes, ears or nose
- Help a baby or child with an eye injury
- Help a baby or child with a bite or sting
- Help a baby or child who is suffering from the effects of extreme heat or cold
- Help a baby or child having: a diabetic emergency; an asthma attack; an allergic reaction; meningitis; and/or febrile convulsions
- Understand the role and responsibilities of the paediatric first aider (including
- appropriate contents of a first aid box and the need for recording accidents and incidents)