

Student first aid: the choice is yours

Our specialist schools team has devised a range of courses to ensure your students are equipped with the skills to be the difference in a first aid emergency.



One hour ***First aid taster***

- Communication and casualty care
- Primary survey
- Plus one subject from:**
 - choking
 - resuscitation
 - severe bleeding
 - chest pains
 - recovery position



Two hours ***Bleeding and bandaging***

- Communication and casualty care
- Primary survey
- Recovery position
- Bleeding and bruising (minor)
- Severe bleeding



Three hours ***Core skills first aid***

- Asthma
- Choking
- Communication and casualty care
- Fainting
- First aid kit
- Primary survey
- Recovery position



Five hours ***First aid in a day***

- Asthma
- Bleeding and bruising (minor)
- Burns and scalds
- Choking
- Communication and casualty care
- Fainting
- First aid kit
- Poisons
- Primary survey
- Recovery position
- Severe bleeding
- Shock

NB: Adult protocols are taught for choking and resuscitation modules. Resuscitation will be taught as a demonstration and practice session only.



Build your own first aid course

If your needs are more specific, choose your own modules to suit your students. A minimum of two hours' training is strongly recommended.



20 minute modules

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| • Allergic reaction | • Fainting |
| • Asthma | • First aid kit |
| • Bites and stings | • Foreign objects |
| • Bleeding and bruising - minor | • Low blood sugar |
| • Burns and scalds | • Meningitis |
| • Choking | • Poisons |
| • Chest pains | • Primary survey* |
| • Childhood conditions | • Seizures |
| • Communication and casualty care* | • Shock |
| | • Stroke |



30 minute modules

- Bone, muscle and joint injuries
- Head injuries
- Heat and cold - extreme
- Recovery position
- Resuscitation
- Severe bleeding
- Spinal injury

* Recommended if your students have not completed a first aid course within the past year

For more information on how we can teach your students life saving skills, contact us on 0844 770 4800, email workplace-training@sja.org.uk