

# Student first aid: the choice is yours

Our specialist schools team has created 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 *Introduction to resuscitation*

- Communication and casualty care
- Primary survey
- Recovery position
- Resuscitation (all ages)



## 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
- Burns and scalds
- Chest pains
- Choking
- Communication and casualty care
- Fainting
- First aid kit
- Poisons
- Primary survey
- Recovery position
- Resuscitation
- Severe bleeding
- Shock



NB: Adult protocols are taught for choking and resuscitation modules, unless otherwise specified.

## 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

- |                                    |                   |
|------------------------------------|-------------------|
| • 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
- Choking (all ages)
- Head injuries
- Heat and cold - extreme
- Recovery position
- Resuscitation
- Resuscitation (child and infant)
- Severe bleeding
- Spinal injury
- Use of AED (11+ only)\*\*

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

\*\* Only offered alongside resuscitation

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](mailto:workplace-training@sja.org.uk)