

# 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.

FIRST AID TASTER	BLEEDING & BANDAGING	CORE SKILLS FIRST AID	FIRST AID IN A DAY
ONE HOUR	TWO HOURS	THREE HOURS	FIVE HOURS
<ul style="list-style-type: none"> <li>➤ Communication and casualty care</li> <li>➤ Primary survey</li> </ul> <p><i>Plus one subject from:</i></p> <ul style="list-style-type: none"> <li>➤ choking</li> <li>➤ resuscitation</li> <li>➤ severe bleeding</li> <li>➤ chest pains</li> <li>➤ recovery position</li> </ul>	<ul style="list-style-type: none"> <li>➤ Communication and casualty care</li> <li>➤ Primary survey</li> <li>➤ Recovery position</li> <li>➤ Bleeding and bruising (minor)</li> <li>➤ Severe bleeding</li> </ul>	<ul style="list-style-type: none"> <li>➤ Asthma</li> <li>➤ Choking</li> <li>➤ Communication and casualty care</li> <li>➤ Fainting</li> <li>➤ First aid kit</li> <li>➤ Primary survey</li> <li>➤ Recovery position</li> </ul>	<ul style="list-style-type: none"> <li>➤ Asthma</li> <li>➤ Bleeding and bruising (minor)</li> <li>➤ Burns and scalds</li> <li>➤ Choking</li> <li>➤ Communication and casualty care</li> <li>➤ Fainting</li> <li>➤ First aid kit</li> <li>➤ Poisons</li> <li>➤ Primary survey</li> <li>➤ Recovery position</li> <li>➤ Severe bleeding</li> <li>➤ Shock</li> </ul>

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

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

\*\*Must be alongside Primary survey



TO FIND OUT MORE, VISIT  
[sja.org.uk/studentfirstaid](http://sja.org.uk/studentfirstaid)



OR SIMPLY GIVE US A CALL ON  
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