



First Aid for Secondary Schools

“From 2020 onwards, all state-funded schools in England will be required to teach First Aid as part of health education. This will include basic First Aid for primary school children, for example dealing with common injuries, such as head injuries. Pupils in secondary schools will be taught for example, how to administer CPR and the purpose of defibrillators”.

**For a no-obligation chat about First Aid Training for your School or Nursery
Speak To Richard Today on 07525 062 540
hello@active-achievement.co.uk**

Course Content:

We run a number of courses where each course content is specifically designed with engaging active learning activities appropriate to each specific age group. A course content guide is presented below

Delivery:

Our courses are delivered by a Fully Qualified and Experienced Teacher & First Aid Instructor with DBS

Training & assessment:

There is no formal assessment although each course is structure to be active and includes quizzes to test learning outcomes

Certification:

Pupils will receive a certificate of attendance.

*An annual refresher to keep knowledge up-to-date is recommended.
This can be scheduled as part of an annual curriculum planning.*

Venue and Location:

Courses are held in an appropriate location at your school and are structured as part of the regular school curriculum. Additional staff supervision is not normally required but is warmly welcomed, as is any addition learning support

We can often be flexible with the delivery days, time and location to suit the School Calendar

Price Guide: (From £200 /day plus per pupil resources)

Our course prices are comparable with Supply Teaching scale rates inclusive of standard resources. Under Covid-19 guidance, every pupil gets some new unopened bandages which they can take home. Covid-19 options are priced at cost of resources.

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First Aid for Secondary Schools.



Learner Requirements:

There are no prerequisite requirements.

Additional support should be available for any pupils with learning, mobility or other special needs

There may be additional requirements due to the Covid-19 pandemic. These will be based on government and industry advice. Further details can be found on our website at the time of booking and in learner packs.

Quality Assurance:

All our courses are delivered under our quality standards assurance Policy (Available to download)

Supporting Additional Needs:

We are happy to support many additional needs, however our ability to do so is limited by the time available and the number of people who require assistance. Arrangements can be often made to support learners if requested in advance. *Please contact us if you need any guidance.*

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Courses Available



Primary & Secondary Schools:
Key Stage 2, 3 and 4.



Expeditions First Aid:
Key Stage 2, 3 and 4.

One-hour First Aid
(1 Hour)

One-Day First Aid
DFE recommended
(1 Day)

Two-hour First Aid
(2 Hour)

Expeditions First Aid
(e.g. D of E Award & Activities)
(1 Day)

Three-hour First Aid
(½ Day)

First Aid for Teachers
HSE Emergency First Aid at Work
With Qualifications (1 Day)

We also run a number of courses for Families, Children, Businesses and Community Groups

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First Aid for Secondary Schools.

COURSE CONTENT GUIDE

One-hour First Aid (1 Hour Secondary)

All one-hour sessions include:

- Communication and casualty care
- Calling for Help
- Primary survey
- AED How to use a defibrillator
- CPR (Adult and child resuscitation)

Plus one from the following:

- Head injuries
- Choking
- Recovery Position
- Bleeding

This one hour / one lesson course is specifically designed for easier curriculum management. The minimum booking is three hours, so for example, you could book sessions with different classes. With a maximum of five sessions in a day it should be relatively straightforward to cover an entire year group. The One-hour First Aid is also suitable as a re-fresher course

Senior First Aid (2 Hours Secondary Key Stage 3 & 4)

This two-hour session meets the minimum recommendations from the Department for Education:

Course content:

- concepts of basic First Aid
- dealing with common injuries
- dealing with head injuries.

Topics covered:

- AED How to use a defibrillator
- CPR (Adult and child resuscitation)
- Communication and casualty care
- Calling the emergency services
- Primary survey
- Recovery position
- Head injuries
- Minor bleeding

Senior First Aid (½ Day Secondary Key Stage 3 & 4)

This half-day session meets the recommendations from the Department for Education:

Course content:

- concepts of basic First Aid
- dealing with common injuries
- dealing with head injuries.

Topics covered:

- AED How to use a defibrillator
- CPR (Adult and child resuscitation)
- Communication and casualty care
- Calling the emergency services
- Primary survey
- Head injuries
- Minor bleeding
- Recovery position
- Severe bleeding
- Shock

Senior First Aid (1 Day Secondary Key Stage 3 & 4)

This whole day session meets the minimum recommendations from the Department for Education:

Course Content:

- | | |
|--|---|
| <ul style="list-style-type: none"> • Communication and casualty care • Calling the emergency services • Primary survey • Allergies • Asthma • Bone, muscle, and joint injuries • Chest pains • Choking | <ul style="list-style-type: none"> • CPR (Adult and child resuscitation) • AED How to use a defibrillator • Head injury • Minor bleeding • Recovery position • Severe bleeding • Shock |
|--|---|



Expeditions & Adventure First Aid

Preparation for outdoor activities, expeditions and adventure activities should include preparedness training for anyone operating in outdoor environments where emergency help is close but not readily available.

This course aims to equip learners with a clear system to manage incidents (including themselves, the rest of the group and any casualties) so that they can keep calm under pressure, give emergency first aid and look after those in need until help arrives.

This innovative course is rooted from practical experience and teaches all of the basic First Aid skills. It additionally prepares learners to apply those skills within remote outdoor environments. The active course is a practical, fun and engaging way to learn skills vital for both expeditions and that are also useful in a wider variety of contexts.

As a qualified mountain leader, canoe coach, outdoor instructor, & experience expedition trainer. Richard is highly experienced in situations and scenarios that can arise in expedition and outdoor environments. This course has been developed with the experience and real-world insight.

The core of this course is closely based on the Emergency First Aid at Work (EFAW) certificate. This is a useful certificate for anyone working within schools, businesses or other organisations such as schools, colleges, and universities. Everyone attending this course has the option to complete additional assessment and gain this qualification. **

Course Content:

- Communication and casualty care
- Calling the emergency services
- Primary survey
- Allergies & Asthma
- Bone, muscle, and joint injuries
- Burns and scalds / Bandaging
- Chest pains
- Choking
- CPR (Adult and child resuscitation)
- AED How to use a defibrillator
- Head injuries
- Minor bleeding / Severe bleeding
- Recovery position
- Seizures
- Shock

Expedition Specific Training

- Preparation for an Expedition
- Risk Assessments
- Protecting a Patient
- Patient Recovery
- Transportation

EFAW Option

- Role of the first aider (including knowledge of health and safety regulations)
- Assessment / Qualification

For a no-obligation chat about First Aid Training for expedition, adventure or outdoor activities

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Expeditions & Adventure First Aid

Learner Requirements:

Learners need to meet the following prerequisite requirements:

- Experienced or Qualified in First Aid
- Be at least 14 years of age
- Be capable of kneeling on the floor to deliver CPR
- It is advisable that learners have a minimum of level 1 in literacy and numeracy or equivalent

EFAW Option Requirements **

- This option must be pre-booked in advance
- Learners must be at least 16 years of age

There may be additional requirements due to the Covid-19 pandemic. These will be based on government and industry advice. Further details can be found on our website at the time of booking and in learner packs.

Quality Assurance:

All our courses are delivered under our quality standards assurance Policy (Available to download)

Supporting Addition Needs:

We can support many additional needs, however our ability to do so is limited by the time available and the number of people who require assistance. Arrangements can be often made to support learners if requested in advance. *Please contact us if you need any guidance.*

Expedition Planning:

While First Aid readiness is the core of these courses for learners, Organisers might find Richard's expertise and experience is a useful resource for general preparedness and risk assessment for your expedition. If you'd like a chat, have a question, or would like some formal consultant advice, please call for a no obligation chat.

**For a no-obligation chat about First Aid Training, planning and
Risk Assessment for expeditions, adventure or outdoor activities
Speak To Richard Today on 07525 062540
hello@active-achievement.co.uk**