



**1<sup>st</sup> ACT Ltd**

**Office:** 0800 999 8 112

**Website:** [www.1stact.co.uk](http://www.1stact.co.uk)

**Email:** [enquiries@1stact.co.uk](mailto:enquiries@1stact.co.uk)

**Bookings:** [bookings@1stact.co.uk](mailto:bookings@1stact.co.uk)

## **OUR ACTIVITY FIRST AID SYLLABUS**

This course has 2 Units, First Aid Essentials & Management of illness & injury in Activities:

### **UNIT 1**

- The Role of the First Aider; responsibilities, infection control, consent, accident forms and first aid equipment.
- Incident & Casualty Assessment; scene survey, primary survey and calling for help.
- Cardiopulmonary Resuscitation; the unresponsive casualty who is not breathing normally.
- Unconscious Casualty; assessing consciousness, recovery position.
- Management of Seizure; recognition & management.
- Choking; recognition and treatment.
- External Bleeding & Shock; types, treatment, blood loss and the casualty in shock.
- Minor Injuries; small cuts, grazes, bruises, minor burns, scalds and splinters.

### **UNIT 2**

- Fractures, Strains and Sprains, Dislocations; recognition and treatment
- Head, Neck and Back Injuries; concussion, compression, spinal care.
- Chest and Abdominal Injuries; pneumothorax, open pneumothorax, tension pneumothorax, blunt force trauma, evisceration or abdominal organs.
- Thermal injuries; (burns, scalds and electricity) types, assessment, treatment and dangers.
- Eye Injury; recognition and management inc dust and chemicals.
- Poisoning; entry routes, recognition and treatment.
- Anaphylactic Shock; common triggers, recognition and treatment.
- Major Illness; heart attack, stroke, epilepsy, diabetes and asthma.
- Extremes of Heat and Cold; recognition and treatments or hypo and hyperthermia.