**Wharfedale District Scouts**

**First Aid Training**

**This course will cover**

Firstly, don’t expect to come and listen to death by power point. Please arrive in casual wear you don’t mind getting dirty most of the training will be practical hands on scenario based training, you will be expected to get involved.

**SUMMARY OF PLAN**

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| **SESSION** | **TITLE** | **TIME**  |
| 1 | Introduction and principles of first aid related to Scouting  | 1.5 hours |
| 2 | Emergency life support | 3 hours  |
| 3 | Identifying and managing life threatening Injuries | 2.5 hours  |
| 4 | Other injuries and conditions | 1 hour  |

**COURSE CONTENT**

These are the elements that must be covered to conform to Scout Leaders 1st Response responcibilities.

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| **Topic** | **Section in 1st Response Course**  |
| **Principles of first aid related to Scouting** * key policies and guidelines relating to 1st Response
* emergency file and purple card for Scouting members
* duty of care for other people’s children including giving medication
* managing and reporting an incident
* first aid equipment
* role of a first aider
* arrival at an incident
 | 1 |
| **Emergency life support** * primary survey using DR ABC
* choking
* recovery position
* Basic life support including AED
* external bleeding
 | 2 |
| **Life-threatening situations - identifying injuries and monitoring the condition** * Identify injury
* levels of consciousness
* signs, symptoms and initial treatment for all causes of unresponsiveness including:
	+ Fainting
	+ Imbalance of heat include heat exhaustion, heat stroke and hypothermia
	+ Shock
	+ Heart attack/angina pectoris
	+ Stroke – include how to use FAST
	+ Head Injury
	+ Asphyxia/hypoxia/drowning
	+ Asthma
	+ Anaphylaxis including new RCUK guidelines
	+ Poisoning
	+ Seizures including epilepsy
	+ Diabetic emergencies
 | 3 |
| **Signs, symptoms and initial treatment for each of the following BONE AND MUSCLE injuries:**• Broken bones i.e. fractures• Strains and sprains  | 4 |
| **Signs, symptoms and initial treatment for each of the following SKIN injuries:**• Burns – dry heat, radiation including sunburn, hot liquids, steam (scalds) and chemicals • Minor cuts and grazes, bumps and bruises • Splinters• Stings /Ticks / Animal and snake bites• Blisters | 4 |
| **Signs, symptoms and initial treatment for each of the following injuries to the HEAD** * Foreign bodies in the ears and nose
	+ Nosebleeds
* Eye injuries
 | 4 |
| **Signs, symptoms and initial treatment for each of the following ailments :**• Headache• Earache• Stomach ache• Dehydration • Tooth loss • Meningitis | 4 |

**You may find it useful to bring a notepad and pen to take notes as you go.**

**Once you register on the course and I have some email details I will forward some E-Learning for you to browse prior to the course**

**It is recommended that you attend a refresher of this course every 3 years**