



SESSION PLAN

FAA LEVEL 2 AWARD IN ACTIVITY FIRST AID (RQF)

(England, Wales and Northern Ireland)

AWARD IN ACTIVITY FIRST AID AT SCQF LEVEL 5

(Scotland)

Unit 1 : First Aid Essentials

Please note that session plan timings are approximate. Trainer/Assessors may need to be flexible and responsive taking into account the size and needs of the class.

UNIT 1 OVERVIEW

Module 1	Introduction
Module 2	What is first aid?
Module 3	Legislation (optional)
Module 4	Responsibilities
Module 5	Action in an emergency
Module 6	Primary survey
Module 7	Secondary assessment
Module 8	The respiratory system
Module 9	Resuscitation and AED
Module 10	Disorders of respiration
Module 11	Disorders of circulation
Module 12	Wounds and bleeding
Module 13	Epilepsy
Module 14	Minor burns and scalds
Module 15	Foreign objects
Module 16	Unit 1 closure and assessment

MODULE 1 **UNIT 1 INTRODUCTIONS**

Session content Tutor introduction (brief history)
Course outline
Learner introductions
Administration
First aid manuals

Session duration **15 minutes**

MODULE 2 **WHAT IS FIRST AID?**

Session content Definition of first aid
The aims of first aid

Session duration **10 minutes**

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MODULE 3 LEGISLATION

Session content Health & safety regulations
First aid provision
First aid kits & contents
Accident and incident reporting
RIDDOR

Session duration **15 minutes**

MODULE 4 RESPONSIBILITIES

Session content Roles and responsibilities of the emergency first aider
Contacting the emergency services
Priorities of first aid treatment
Communication with casualties
Infection control

Session duration **20 minutes**

MODULE 5 ACTION IN AN EMERGENCY

Session content Factors involved in an emergency
Assessing the scene (dangers)
Safety approach

Session duration **15 minutes**

MODULE 6 PRIMARY SURVEY

Session content Safety
Calling for help
Assessing the levels of responsiveness
Airway and breathing checks

Session duration **30 minutes**

MODULE 7 SECONDARY ASSESSMENT

Session content Casualty assessment
Top-to-toe survey
Recovery position - how and why
Action for a vomiting casualty

Session duration **30 minutes**

MODULE 8 THE RESPIRATORY SYSTEM

Session content How oxygen enters the body
How it travels around the body
How we breathe in and out
Composition of air we breathe in and out

Session duration **10 minutes**

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MODULE 9 RESUSCITATION AND AED

Session content Principles of cardiopulmonary resuscitation
Current resuscitation guidelines
CPR on your own
CPR with help available
Alternative types of expired air ventilation
Use of face shields and masks
Safe use of an AED
Chain of survival
Problems encountered during resuscitation
Child and infant CPR

Session duration **1 hour**

MODULE 10 DISORDERS OF RESPIRATION

Session content Choking - responsive adult
Choking - unresponsive adult

Session duration **20 minutes**

MODULE 11 DISORDERS OF CIRCULATION

Session content How the circulatory system works
How to recognise signs of circulation
The definition, causes, recognition and treatment for the following disorders

- Shock
- Fainting

Session duration **20 minutes**

MODULE 12 WOUNDS AND BLEEDING

Session content Types of wound
Types of bleeding
Preventing cross-infection
General rules for bandaging
Treatment of minor & major external bleeding
Internal bleeding recognition and treatment
Wounds with embedded objects

Session duration **45 minutes**

MODULE 13 EPILEPSY

Session content Recognition of an epileptic seizure
Treatment for a minor seizure
Treatment for a major seizure

Session duration **20 minutes**

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MODULE 14 **MINOR BURNS AND SCALDS**

Session content Causes of burns
 Classification of burns
 Treatment of burns

Session duration **20 minutes**

MODULE 15 **FOREIGN OBJECTS**

Session content Treatment for small splinters
 Treatment for larger embedded objects

Session duration **30 minutes**

MODULE 16 **UNIT 1 CLOSURE AND ASSESSMENT**

Session content Multiple choice assessment paper
 Question and answer session
 Unit 1 administration

Session duration **30 minutes**

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AWARD IN ACTIVITY FIRST AID AT SCQF LEVEL 5

(Scotland)

Unit 2 : Management of illness and injury in activities

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UNIT 2 OVERVIEW

Module 1	Unit 2 introductions
Module 2	Recap on primary survey and secondary assessment
Module 3	Bones, joints and muscle injuries
Module 4	Head and spinal injuries
Module 5	Chest and abdominal injuries
Module 6	Specialised burn injuries
Module 7	Eye injuries
Module 8	Poisoning
Module 9	Anaphylaxis
Module 10	Major illnesses
Module 11	Effects of extreme heat and cold
Module 12	Unit 2 closure and assessment

MODULE 1 INTRODUCTION

Session content For new groups:
Tutor introduction (brief history)
Course outline
Learner introductions
First aid manuals
Registration and administration

Session duration 20 minutes

MODULE 2 RECAP ON PRIMARY SURVEY AND SECONDARY ASSESSMENT

Session content Recap of DR ABC
Recap of secondary assessment
Top-to-toe
Recovery position

Session duration 30 minutes

MODULE 3 BONES, JOINTS AND MUSCLE INJURIES

Session content The muscular and skeletal system
Recognition and treatment for fractures
Recognition and treatment for dislocations
Recognition and treatment for soft tissue injuries

Session duration 45 minutes

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MODULE 4 HEAD AND SPINAL INJURIES

Session content The nervous system
The causes of unresponsiveness
The definition, causes, recognition and treatment of the following conditions:

- Concussion
- Skull fracture
- Cerebral compression

Recognition and treatment for spinal injuries
Maintaining the airway for a casualty with a suspected spinal injury

Session duration **45 minutes**

MODULE 5 CHEST AND ABDOMINAL INJURIES

Session content Crush injuries
Penetrating chest wounds
Abdominal injuries

Session duration **20 minutes**

MODULE 6 SPECIALISED BURN INJURIES

Session content How burns are caused (Recap)
Extent of burns (Recap)
Depth of burns (Recap)
Treatment of minor burns (Recap)
Treatment of severe burns
Burns to the airway
Electrical burns
Chemical burns
Welder's flash
Sunburn

Session duration **45 minutes**

MODULE 7 EYE INJURIES

Session content Eye irrigation
Bandaging an injured eye

Session duration **20 minutes**

MODULE 8 POISONING

Session content What is a poison?
Household poisons - treatment
Drug poisoning - treatment
Industrial poisoning - treatment
Alcohol poisoning - treatment
Food poisoning - treatment
Poisonous plants (if applicable) - treatment

Session duration **30 minutes**

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MODULE 9 ANAPHYLAXIS

Session content What causes it
Signs and symptoms
Treatment

Session duration 15 minutes

MODULE 10 MAJOR ILLNESSES

Session content Recognition and treatment of:

- Heart attack and angina
- Stroke
- Diabetes
- Asthma

Session duration 30 minutes

MODULE 11 EFFECTS OF EXTREME HEAT AND COLD

Session content How the body temperature works
Hypothermia
Heat exhaustion
Heat stroke

Session duration 30 minutes

MODULE 12 UNIT 2 CLOSURE AND ASSESSMENT

Session content Multiple choice assessment paper
Question and answer session
Unit 2 final administration

Session duration 30 minutes
