

## SESSION PLAN

# FAA LEVEL 2 AWARD IN ACTIVITY FIRST AID

(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

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

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<b>MODULE 1</b>	<b>UNIT 1 INTRODUCTIONS</b>
<b>Session content</b>	Tutor introduction (brief history) Course outline Learner introductions Administration First aid manuals

**Session duration** 15 minutes

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<b>MODULE 2</b>	<b>WHAT IS FIRST AID?</b>
<b>Session content</b>	Definition of first aid The aims of first aid

**Session duration** 10 minutes

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## SESSION PLAN

### **MODULE 3      LEGISLATION**

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

**Session duration** **15 minutes**

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### **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**

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### **MODULE 5      ACTION IN AN EMERGENCY**

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

**Session duration** **15 minutes**

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### **MODULE 6      PRIMARY SURVEY**

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

**Session duration** **30 minutes**

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### **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**

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### **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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## SESSION PLAN

### **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**

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### **MODULE 10 DISORDERS OF RESPIRATION**

**Session content** Choking - responsive adult  
Choking - unresponsive adult

**Session duration** **20 minutes**

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### **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**

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### **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**

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### **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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## SESSION PLAN

### **MODULE 14**      **MINOR BURNS AND SCALDS**

**Session content**      Causes of burns  
                                 Classification of burns  
                                 Treatment of burns

**Session duration**      **20 minutes**

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### **MODULE 15**      **FOREIGN OBJECTS**

**Session content**      Treatment for small splinters  
                                 Treatment for larger embedded objects

**Session duration**      **30 minutes**

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### **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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## 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 2 : Management of illness and injury in activities

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 2 OVERVIEW

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

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#### **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

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#### **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

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#### **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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## SESSION PLAN

### **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**

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### **MODULE 5 CHEST AND ABDOMINAL INJURIES**

**Session content** Crush injuries  
Penetrating chest wounds  
Abdominal injuries

**Session duration** **20 minutes**

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### **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**

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### **MODULE 7 EYE INJURIES**

**Session content** Eye irrigation  
Bandaging an injured eye

**Session duration** **20 minutes**

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### **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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## SESSION PLAN

### **MODULE 9 ANAPHYLAXIS**

**Session content** What causes it  
Signs and symptoms  
Treatment

**Session duration** 15 minutes

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### **MODULE 10 MAJOR ILLNESSES**

**Session content** Recognition and treatment of:

- Heart attack and angina
- Stroke
- Diabetes
- Asthma

**Session duration** 30 minutes

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### **MODULE 11 EFFECTS OF EXTREME HEAT AND COLD**

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

**Session duration** 30 minutes

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### **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

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