

Babysitter's First Aid Course Information

DJM/2018

Course Aims and Objectives

Learn2Rescue's babysitter's course is closely linked to the 12 hour paediatric course recommended by Ofsted. Depending on how many hours your participants want to commit to it, would depend on how much they are taught. A focus will be made on the practical work, as this is more difficult to learn alone. Typically the areas studied are those below as divided up into hours.

Intended Outcome

The intended outcome for course participants is to understand basic first aid skills, depending on how long they learn for, but also to be taught other area of domestic risk and how to risk assess.

2 hour session:

- Emergency Protocol, (DRHAB)
- Contents of a first aid kit
- Recovery Position
- Child Casualty Communication
- CPR for Children and babies
- Choking
- Bleeding
- 20 min session outlining other babysitter risk assessment considerations and precautions

4 hours of study would also include

- Bleeding revision
- Hypovolemic Shock
- Burns
- Breaks
- Dislocations
- Sprains and Strains
- Spinal Injuries
- Teeth Injuries
- Revision of CPR and recovery position
- Further 20 mins session outlining other babysitter risk assessment considerations and precautions

6 hours of study would also include

- Causes of unconsciousness
 - Head Injuries
 - Asphyxia (breathing difficulties)
 - Poison
- Eye Injuries
- Splinters
- Stings and bites
- Foreign Bodies
- Revision of CPR and recovery position
- More detailed look at home security, child protection and fire safety

8 hours of study would also include:

- Causes of unconsciousness
 - Fainting
 - Imbalance of heat
 - Epilepsy
 - Diabetes
- Brief selection of common childhood illnesses
- Practical Work
- Revision of CPR and recovery position
- Revision of bandages and other practical work
- Detailed look into fire protection, home security and child protection

Certification and Qualification

L2R courses are taught by qualified first aid instructors, all of whom regularly teach first aid at different levels. This 2 to 8 hour course will renew the annual basic life support skills required. The course can be used against the verifiable CPD points on request. This course is ideal for those caring for children aged 0 to 11.

Teaching Style and Trainer Expectations

It is intended that this course provides a pleasant and relaxed atmosphere in which to learn. Delegates are requested to make arrangements for the phones to be answered and for there to be no disruptions. Your trainer will expect the participants to engage, co-operate in sessions and make the trainer aware of any difficulties. It is recognised that the participants may well be teenagers and the teaching style will be adapted accordingly.

Course Evaluation

All Learn2Rescue courses are evaluated. At the start of the course, participants will be informed that all delegates will be asked to give fair and honest feedback in order to help with continual course adjustments and maintain high levels of education and tutor development.

Payment

A deposit is normally paid to secure the booking and the balance required within two weeks of start date. In case of last minute cancellations, deposits are not usually refundable, as trainers will require remuneration.

Logistics

The room used should have enough space for participants to practise recovery positions. Refreshment arrangements are the responsibility to the venue, unless L2R have agreed separately to make provisions. Participants are reminded to wear comfortable clothes as the group will need to demonstrate putting each other into the recovery position. Ladies should not wear low cut tops and trousers are recommended, gentlemen are asked not to wear shorts. Participants will need to be able to do CPR which requires a certain amount of physical work. The presenter may want to project slides onto a space on the wall. There will be time for a break in the middle, but it is preferred staff do not return to their offices to start with office work. Please let L2R know if there are parking restrictions and any specific needs relating to your staff, and if you have more than 12 members of staff attending.