



First Class Safety Training

Training today for a safer tomorrow

Training Course Specification

Course Title	Junior First Aid
Course Description	This course is suitable for children between the ages of 7 to 16 years old. The course covers the core elements of emergency first aid, how to deal with an emergency and how to deliver first aid in these scenarios. There are multiple practical elements, ensuring children remain engaged and have fun whilst they are learning.
Course Duration	Minimum 3 learning hours (excluding breaks)
Max no of participants	12
Who should attend	Children wishing to gain knowledge of first aid skills
Pre-requisites	Minimum age 7.
Course Content	<ul style="list-style-type: none">• How to carry out an assessment• Recovery position• Contact the Emergency Services• How to carry out CPR• How to use an AED• Identifying heart attacks/Cardiac Arrest• Drowning• Choking• Serious Bleeding• Spinal Injuries and head injuries• Seizures• Anaphylactic shock• Diabetes• Asthma• Hyperventilation
Assessments	Participants will be continuously assessed throughout the course, to ensure they have met the learning outcomes. Learning objectives are also reinforced through a multiple choice quiz at the end of the session.
Course Costs	TBA – Quote upon request

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