

## Key Stage 2

# Basic First Aid



 ½ Day  Certificates to take home

### Why is it important?

First Aid is an important and useful life skill and it was added to the school syllabus in 2020.

Our Basic First Aid sessions are age appropriate and cover all of the required content through fun and engaging activities that also involve teamwork, problem solving and some simple role play.

We also like to include an open Q&A session, where children can ask whatever first aid related questions they like.

### What's Covered?

- ✓ Assessing the situation – safety first
- ✓ Getting help – including 999 calls, ringing 999 on a mobile
- ✓ Bleeding – scrapes, grazes, scratches, nosebleeds
- ✓ Insect bites and stings
- ✓ Choking
- ✓ Head injuries
- ✓ Fractures and dislocations
- ✓ CPR demonstration

Our instructor is a local (Blythe Bridge) parent and experienced first aid trainer with enhanced DBS clearance. Sessions are usually half a day, around your normal timetable, so we can teach one class in the morning and one in the afternoon.

Children receive a certificate, which includes some details of what they've learnt, and hopefully encourages discussion at home. This lesson might be the first step on a future role as a workplace first aider, lifeguard, paramedic, doctor or nurse.

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