Student first aid: the choice is yours

Our specialist schools team has devised a range of courses to ensure your students are equipped with the skills to be the difference in a first aid emergency.

**One hour First aid taster**
- Communication and casualty care
- Primary survey
- Plus one subject from:
  - Choking
  - Resuscitation
  - Severe bleeding
  - Chest pains
  - Recovery position

**Two hours Bleeding and bandaging**
- Communication and casualty care
- Primary survey
- Recovery position
- Bleeding and bruising (minor)
- Severe bleeding

**Three hours Core skills first aid**
- Asthma
- Choking
- Communication and casualty care
- Fainting
- First aid kit
- Primary survey
- Recovery position

**Five hours First aid in a day**
- Asthma
- Bleeding and bruising (minor)
- Burns and scalds
- Choking
- Communication and casualty care
- Fainting
- First aid kit
- Poisons
- Primary survey
- Recovery position
- Severe bleeding
- Shock

NB: Adult protocols are taught for choking and resuscitation modules. Resuscitation will be taught as a demonstration and practice session only.

**Build your own first aid course**

If your needs are more specific, choose your own modules to suit your students. A minimum of two hours’ training is strongly recommended.

**20 minute modules**
- Allergic reaction
- Asthma
- Bites and stings
- Bleeding and bruising - minor
- Burns and scalds
- Choking
- Chest pains
- Childhood conditions
- Communication and casualty care*

**30 minute modules**
- Bone, muscle and joint injuries
- Head injuries
- Heat and cold - extreme
- Recovery position
- Resuscitation
- Severe bleeding
- Spinal injury

*Recommended if your students have not completed a first aid course within the past year

For more information on how we can teach your students life saving skills, contact us on 0844 770 4800, email workplace-training@sjx.org.uk