Student first aid: the choice is yours

Our specialist schools team has created 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 Introduction to resuscitation**
- Communication and casualty care
- Primary survey
- Recovery position
- Resuscitation (all ages)

**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
- Burns and scalds
- Chest pains
- Choking
- Communication and casualty care
- Fainting
- First aid kit
- Poisons
- Primary survey
- Recovery position
- Resuscitation
- Severe bleeding
- Shock

NB: Adult protocols are taught for choking and resuscitation modules, unless otherwise specified.

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
- Choking (all ages)
- Head injuries
- Heat and cold - extreme
- Recovery position
- Resuscitation
- Resuscitation (child and infant)
- Severe bleeding
- Spinal injury
- Use of AED (11+ only)**

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

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