

# **EMERGENCY FIRST RESPONDER**

## **Family, Friends and Groups**

### **SESSION PLAN**

Module 1 Introduction - The Emergency First Responder

Module 2 What is Emergency First Response?

Module 3 Emergency First Response

Module 4 Responsibilities of the Emergency First Responder

Module 5 Action in an Emergency

Module 6 Primary Assessment

Module 7 Secondary Assessment

Module 8 Breathing and Circulation

Module 9 Principles of Resuscitation

Module 10 Disorders of Respiration

Module 11 Disorders of the Circulation

Module 12 Wounds and Bleeding

Module 13 Other Conditions

# **EMERGENCY FIRST RESPONDER**

## **Family, Friends and Groups**

### **Module 1 - Introduction - The Emergency First Aider**

Module content:

Tutor introduction (brief history)  
Course outline & assessment methods  
Delegate introductions  
Registration & certification  
First Aid manuals

*Module duration: 20 minutes*

### **Module 2 - What is First Aid?**

Module content:

Definition of First Aid  
The Aims of First Aid

*Module duration: 10 minutes*

### **Module 3 - Emergency First Responder**

Module content:

Health & safety regulations  
First Aid provision  
First Aid kits & contents

*Module duration: 20 minutes*

### **Module 4 - Responsibilities of the Emergency First Responder**

Module content:

Responsibilities of the Emergency First Responder  
Contacting the emergency services  
Priorities of First Aid treatment  
Communication with casualty/casualties

*Module duration: 20 minutes*

### **Module 5 - Action in an Emergency**

Module content:

Factors involved in an emergency  
Assessing the scene (dangers)  
Safety approach

*Module duration: 15 minutes*

### **Module 6 - Primary Assessment**

Module content:

Response  
Airway  
Breathing  
Circulation

*Module duration: 30 minutes*



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### **Module 7 - Secondary Assessment**

Module content:

Casualty assessment

Top-to-toe survey

Recovery position – how and why

Action for a vomiting casualty

*Module duration: 30 minutes*

### **Module 8 - Breathing and Circulation**

Module content:

How oxygen enters the body

How it travels around the body

How the alveoli work

How we breathe in and out

Composition of air we breathe in

Composition of air we breathe out

*Module duration: 15 minutes*

### **Module 9 - Principles of Resuscitation**

Module content:

Principles of resuscitation (EAV)

Principles of cardiopulmonary resuscitation

Current ERC Guidelines

Procedures for the following scenarios

1) A casualty who is not breathing normally

- With First Aider alone
- With assistance

If trained assistance is available

Alternative types of expired air ventilation

Use of face shields & masks

Chain of survival

*Module duration: 45 minutes*

### **Module 10 - Disorders of Respiration**

Module content:

Choking - conscious adult

Choking - unconscious adult

*Module duration: 20 minutes*

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### Module 11 - Disorders of the Circulation

Module content:

How the circulatory system works

How to recognize signs of circulation

The definition, causes, recognition and treatment of the following disorders

- Shock
- Heart attack
- Cardiac arrest

*Module duration 30 minutes*

### Module 12 - Wounds and Bleeding

Module content:

Types of wound

Types of bleeding

Preventing cross-infection

General rules for bandaging

Treatment of minor & major external bleeding

Internal bleeding recognition and treatment

Foreign bodies in wounds

*Module duration 1 hour*

### Module 13 - Other conditions

Module content:

Foreign objects

Burns and scalds

**Epilepsy\***

Disorders of consciousness

Head injuries

Concussion

Skull fracture

Cerebral compression

**Stroke\***

Bones, joints and muscle injuries

Poisoning

Incident management

Bites and stings

Effects of heat and cold

**Asthma\***

*Module duration 45 minutes minimum*

**NB:** \* 10 minutes will be spent on each of these conditions. You may select up to 2 further subjects from this list for inclusion.

Course End



Remote First Aid

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