# 1st Response syllabus

Unless otherwise stated (as identified by \* or \*\*) items can be delivered in a theoretical way, using trainer delivered or video content.

Items identified with \* can be delivered in either theory or practical methods, recognising that a variety of factors may make this not possible, where possible practical activities would be encouraged.

Items identified with \*\* **must** be demonstrated practically by the participants (although those who are not able to do this may instruct others in doing the skill), and with a combination of trainer delivered, video and practical teaching methods to aid with learning.

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|  | Session in 1st Response course |
| **Life Support**  Demonstrate (or instruct a trainer) your skill in performing and your knowledge of   1. Use of AED (automated external defibrillator) \*\* 2. Choking \* 3. Causes and level of unresponsiveness 4. Recovery / safe airway position \*\* | 1 |
| **Life Support**  Demonstrate (or instruct a trainer) your skill in performing and your knowledge of   1. Safe approach, primary survey and initial assessment \*\* 2. CPR for an adult \*\* 3. CPR for a child \*\* | 1 |
| **Trauma and injury**   * Shock * Bleeding (severe, nosebleeds, internal, tourniquets) \* * Fractures and sprains\* * Ticks * Spinal injuries * Head injury * Dental incidents * Burns | 2 |
| **Major Illness**   * Asthma * Anaphylaxis \* * Heart attack * Stroke * Seizures * Diabetes * Sepsis/Meningitis   Note: Anaphylaxis can have some practical delivery should qualified individuals be available to assist with the practical demonstration of the use of adrenaline auto-injectors. | 3 |