

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 by either theory or practical methods. Practical activities are encouraged, although we recognise that a variety of factors may make this not possible.

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.

	Topic in 1 st response course
<p><u>Life support</u></p> <p>Demonstrate (or instruct a trainer) your skill in performing and your knowledge of</p> <ul style="list-style-type: none"> a) Use of AED (automated external defibrillator) ** b) Choking * c) Causes and level of unresponsiveness d) Recovery / safe airway position * 	1
<p><u>Life support</u></p> <p>Demonstrate (or instruct a trainer) your skill in performing and your knowledge of</p> <ul style="list-style-type: none"> a) Safe approach, primary survey and initial assessment ** b) CPR for an adult ** c) CPR for a child ** 	1

Trauma and injury

2

- Shock
- Bleeding *
- Burns
- Spinal injuries
- Fractures and sprains*
- Head injury
- Dental incidents

Note: Bleeding and fractures/sprains can have some practical delivery if qualified individuals are available to assist with the practical demonstration of the use of tourniquets and bandaging.

Major illness

3

- Asthma
- Anaphylaxis *
- Chest pain
- Stroke
- Seizures
- Hypoglycaemia
- Sepsis

Note: Anaphylaxis can have some practical delivery if qualified individuals are available to assist with the practical demonstration of the use of adrenaline auto-injectors.

Environmental emergencies

4

- Drowning
- Prevention of hypothermia
- Heat stroke
- Snake bite
- Tick removal