

Appendix 2: 1st Response course syllabus checklist

If you hold a current first aid or emergency aid qualification other than a 1st Response course, check this syllabus to ensure that all Girlguiding requirements have been covered. If you have covered only part of the syllabus, discuss with your Mentor or Commissioner how you can acquire the outstanding skills or knowledge.

- Arrival at an incident
- Managing an incident
- Primary survey
- Recovery position
- Basic life support (for both children and adults)
- Life-threatening situations
 - Shock
 - Bleeding
- Identifying injuries
- Monitoring the casualty's condition
- Causes of unconsciousness
 - Fainting
 - Imbalance of heat (seizures)
 - Heart attack
 - Angina pectoris
 - Stroke
 - Asthma
 - Head injuries
 - Asphyxia/hypoxia
 - Poisoning
 - Seizures (epileptic and other)
 - Diabetic emergencies
 - Anaphylactic shock
- Heat and cold
 - Heat exhaustion
 - Dehydration
 - Heatstroke
 - Hypothermia
 - Burns
- Fractures and soft tissue injuries
 - Fractures
 - Soft tissue injuries (sprains and strains)
- Minor injuries
 - Eye injuries
 - Foreign bodies in the ears and nose
 - Minor cuts and grazes
 - Nosebleeds
 - Tooth loss
 - Splinters
 - Stings and anaphylaxis
 - Ticks
 - Animal and snake bites
 - Ailments
 - Meningitis
 - Tetanus