

**SESSION 1: 60 minutes**

**What? am I doing here**

The course and people  
Forms  
Aims and priorities of First Aid

**SESSION 2: 30 minutes**

**What if? there is an incident**

Principles of hygiene  
Legalities and reporting  
Contacting EMS  
Diagnosis

**SESSION 3: 60 minutes**

**What? are the risks**

Legalities  
Risk assessment

**SESSION 4: 30 minutes**

**What? does the body do**

Systems of the body  
Shock

**SESSION 5: 60 minutes**

**What? affects respiration**

Asphyxia  
Drowning  
Asthma  
Hyperventilation  
Inhalation of gases

**SESSION 6: 60 minutes**

**What? affects circulation**

Poisons  
Bites and Stings  
Anaphylactic Shock  
Diabetes  
Crush Injuries  
Wounds

**SESSION 7: 30 minutes**

**What? affects the brain**

Epilepsy  
Head Injury

**SESSION 8: 150 minutes**

**What if? they do not respond**

Life Support  
Unconscious casualty  
CPR

**SESSION 9: 60 minutes**

**What? are the affects of heat and cold**

Heat Stroke  
Heat Exhaustion  
Hypothermia  
Burns

**SESSION 10: 60 minutes**

**What? affects the heart**

Angina  
Heart Attack  
Cardiac Arrest

**SESSION 11: 60 minutes**

**What if? there is a heart problem**

CPR  
Masks

**SESSION 12: 60 minutes**

**What is? there is an injury**

Fractures  
Sprain/Strain  
Dislocation  
Transportation

**SESSION 13: 60 minutes**

**What if? There is a Spinal Injury**

Spinal Injuries  
Life support

**SESSION 14: 30 minutes**

**What if? there is a facial injury**

Eye Injury  
Dental Injury  
Choking

**SESSION 15: 90 minutes**

**What if? there is a first aid incident**

What is in a First Aid kit  
Top to toe survey  
Reporting

**SESSION 16: 60 minutes**

**What? is the assessment**

Final Revision  
Summary of assessment  
Forms

**REVISION SESSION: 60 minutes**

**TOTAL: 17 hours**

**Still have more questions? Contact:**

**training@whatiftraining.co.uk**

*Our promise of Excellence:*

**You will be continually assessed and in addition at the end of the course you will need to show:**

1. The ability to carry out C.P.R promptly and effectively.
2. The ability to carry out suitable treatment promptly and effectively on an unknown first aid incident

**The candidate must pass the course satisfactorily.**

**At the end of the course there will be the chance for you to evaluate the training, assessment and venue.**

**We constantly review the standards of our training but if there are any concerns during your course please consult your trainer with any worries you may have about your performance, or the quality of the course or the assessment. This will ensure that your course can be effective and enjoyable to optimise your learning experience.**

**If the actions undertaken are not satisfactory or you would rather not approach your trainer directly then please contact INTERNAL VERIFIER at the address overleaf or contact:**

**IV@whatiftraining.co.uk**

# WHAT IF? TRAINING

**whatiftraining.co.uk**

**2-4 Ranelagh Street**

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# WHAT IF? TRAINING

**SPORTS  
FIRST  
AID**

**Course Outline**