

## **SESSION 1:**

### **What? am I doing here**

Course outline  
Introductions  
(10 minutes)

## **SESSION 2:**

### **What if? there is an incident**

Aims of First Aid  
Priorities  
Contacting EMS  
Diagnosis  
(10 minutes)

## **SESSION 3:**

### **What? does the body do**

Levels of response  
(5 minutes)

## **SESSION 4:**

### **What if? they do not respond**

CPR  
Differences in CPR for child and baby  
(60 minutes)

## **SESSION 5:**

### **What if? you suspect a problem**

Making a diagnosis  
(5 minutes)

## **SESSION 6:**

### **What if? the body goes wrong**

Shock  
(5 minutes)

## **SESSION 7:**

### **What? affects the respiratory system**

Drowning  
Hyperventilation  
Asthma  
Choking  
(25 minutes)

## **SESSION 8:**

### **What? about CPR**

Recap CPR  
(30 minutes)

## **SESSION 9:**

### **What? affects the body**

Burns  
Dental Injuries  
Eye Injuries  
Fractures and slings  
(20 minutes)

## **SESSION 10:**

### **What? affects the circulation**

Poisons  
Bites and stings  
Anaphylaxis  
Wounds  
(30 minutes)

## **SESSION 11:**

### **What? affects the brain**

Head Injuries  
Unconsciousness  
Recap recovery positions  
Convulsions  
(25 minutes)

## **SESSION 12:**

### **What? is in a first aid kit**

(15 minutes)

**Still have more questions? Contact:**

**training@whatiftraining.co.uk**

*Our promise of Excellence:*

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

**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**

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**WHAT IF?  
TRAINING**

**PAEDIATRIC  
EMERGENCY  
FIRST AID**

**Course Outline**