

At a glance

Please take the time to read through the introductory pages. This will provide you with a brief outline of Young first aider.

The resource has been written for use with young people aged 7 to 16 and contains the following:

- 25 lesson plans arranged in alphabetical order for ease of use
- lesson plans include learning objectives, learning outcomes, a list of equipment required, key vocabulary and a range of suggested activities for starters, development and plenaries
- suggested additional activities for each topic
- first aid fact sheets for teachers
- differentiated worksheets for each topic
- five skills tests for you to assess the practical skills of your students
- 20 scenario cards showing various injuries
- 20 case study cards covering a variety of first aid situations
- CD-ROM with a PowerPoint® presentation (including embedded film clips) to support each topic and PDFs for all worksheets and lesson plans
- DVD showing young people demonstrating first aid treatments
- audio clip of an emergency call
- a glossary of key vocabulary
- a list of useful websites
- student notes
- a set of five A2 posters
- 20 Young first aider certificates.

25 first aid topics are covered within the resource and these are mapped to allow you to deliver different courses, both in schools and youth settings.

National Curriculum links are included for key stages 2 and 3 with ideas for inclusion in courses at key stage 4.

There is an assessed course which takes 12 hours to deliver and must be assessed by a registered St John Ambulance assessor.

A range of certificates are available for the course.

This is a very flexible training pack and you can use as much, or as little, as you need.

The course can be delivered by teachers, higher level teaching assistants, registered trainers (first aid), cadet trainer 2 (first aid) and youth officers. Relevant first aid knowledge is required.

You can also register with St John Ambulance using the contact us form and receive regular updates and ideas to enhance your delivery of Young first aider.