# 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 in either theory or practical methods, recognising that a variety of factors may make this not possible, where possible practical activities would be encouraged.

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.

|  |  |
| --- | --- |
|  | Session in 1st Response course  |
| **Life Support**Demonstrate (or instruct a trainer) your skill in performing and your knowledge of1. Use of AED (automated external defibrillator) \*\*
2. Choking \*
3. Causes and level of unresponsiveness
4. Recovery / safe airway position \*\*
 | 1 |
| **Life Support**Demonstrate (or instruct a trainer) your skill in performing and your knowledge of1. Safe approach, primary survey and initial assessment \*\*
2. CPR for an adult \*\*
3. CPR for a child \*\*
 | 1 |
| **Trauma and injury*** Shock
* Bleeding (severe, nosebleeds, internal, tourniquets) \*
* Fractures and sprains\*
* Ticks
* Spinal injuries
* Head injury
* Dental incidents
* Burns
 | 2 |
| **Major Illness** * Asthma
* Anaphylaxis \*
* Heart attack
* Stroke
* Seizures
* Diabetes
* Sepsis/Meningitis

Note: Anaphylaxis can have some practical delivery should qualified individuals be available to assist with the practical demonstration of the use of adrenaline auto-injectors. | 3 |