

## 1<sup>st</sup> 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 1 <sup>st</sup> Response Course
<p><b><u>Life Support</u></b> Demonstrate their knowledge of</p> <ul style="list-style-type: none"> <li>a) Use of AED (automated external defibrillator) *</li> <li>b) Choking *</li> <li>c) Causes and level of unresponsiveness</li> <li>d) Recovery / safe airway position *</li> </ul>	1
<p><b><u>Life Support</u></b> Demonstrate (or instruct a trainer) your skill in performing and your knowledge of</p> <ul style="list-style-type: none"> <li>a) Approach and assessment **</li> <li>b) CPR for an adult **</li> <li>c) CPR for a child **</li> </ul>	1
<p><b><u>Trauma and injury</u></b></p> <ul style="list-style-type: none"> <li>• Shock</li> <li>• Bleeding*</li> <li>• Fractures and sprains *</li> <li>• Head injury</li> <li>• Dental incidents</li> <li>• Burns</li> </ul>	2
<p><b><u>Major Illness</u></b></p> <ul style="list-style-type: none"> <li>• Asthma</li> <li>• Anaphylaxis *</li> <li>• Heart attack</li> <li>• Stroke</li> <li>• Seizures</li> <li>• Diabetes</li> <li>• Sepsis/Meningitis</li> </ul> <p>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.</p>	3