

Primary First Aid

Pre-requisites

None

Validity

3 years

Purpose of Award

- i. To provide a basic level of knowledge and skill to render First Aid should the need arise and within a reasonable distance of medical assistance.
- ii. To provide BCU L1 and L2 coaches with an appropriate basic First Aid award.
- iii. To revalidate a current BCU Aquatic First Aid award.

Trainer/Assessor

A BCU Aquatic First Aid trainer/assessor may train and assess up to 8 candidates. First Aid trainer/assessors from other organisations wishing to be registered to train and assess candidates for the BCU Primary First Aid Award should make enquiries through the BCU Lifeguards National Training Officer or the BCU coaching office.

Syllabus

i. Being a First Aider

- a. The First Aider's responsibilities
- b. Personal safety, including preventing cross infection and dealing with waste
- c. Dealing with stress

ii. Action in an Emergency

- a. Assessing the scene of an incident
- b. Making the area safe
- c. Giving emergency aid
- d. Getting help
- e. Dealing with the aftermath
- f. Primary Survey: DRABC; checking for danger; checking for response; checking and opening the airway (including jaw thrust for a spinal injury); checking for breathing; checking for circulation

iii. Unconscious Adults

- a. position; improvised recovery position; log roll (spinal)
- b. Rescue breathing (adult only)
- c. Cardiopulmonary resuscitation (adult only)

iv. Shock and Severe Bleeding

- a. Causes of shock
- b. Recognising signs and symptoms of shock
- c. Treatment of shock
- d. Treatment of severe bleeding, including use of dressings and injuries to various areas of the body

v. Environmental Injuries

- a. Body temperature
- b. Causes of hyperthermia

- c. Treatment of hyperthermia
- d. Causes of hypothermia
- e. Treatment of hypothermia

Trainer/Assessor's Notes

All First Aid references are made to the current Voluntary Aid Societies First Aid Manual. The Primary First Aid course is to be taught over a 4-hour period, plus breaks. The ratio of students to trainer/assessor will be a maximum of 8:1. It is strongly recommended that approved resuscitation manikins should be available in the minimum ratio of one manikin per two students.

Suggested Timings

- i. Being a First Aider -25 minutes
 - ii. Action in an Emergency - 35 minutes
 - iii. Unconscious Adults - 120 minutes
 - iv. Shock and Severe Bleeding - 30 minutes
 - v. Environmental Injuries - 30 minutes
- Total - 4 hours