

Paediatric Resuscitation

Pre-requisites

- a. A BCU Primary First Aid Award or Aquatic First Award is strongly recommended.
- b. Be a minimum of 14 years of age

Validity

3 years

Purpose of Award

To provide first aiders who are trained in adult resuscitation with the knowledge and skills required to perform baby and child resuscitation.

Structure

The BCU Paediatric Resuscitation Award is taught over a two-hour period. Candidates who demonstrate a sound knowledge and understanding of the skills and theory covered in the course will be awarded the BCU Paediatric Resuscitation Award. There is no formal assessment at the end of the course. Assessment is ongoing throughout the course.

Trainer/Assessor

A BCU Aquatic First Aid Trainer/Assessor who holds a current BCU Paediatric Resuscitation Award, and has registered with the BCU Lifeguards National Training Officer, can train and assess up to 8 candidates. First Aid trainer/assessors from other organisations wishing to be registered to run the BCU Paediatric Resuscitation course should make enquiries through the BCU Lifeguards National Training Officer or the BCU coaching office.

Syllabus

a. Action in an Emergency

- i. The First Aider's responsibilities
- ii. Personal safety, including preventing cross infection and dealing with waste
- iii. Dealing with stress

b. Unconscious Babies

- i. Primary Survey: Check for Danger; Response; Airway; Breathing; Circulation
- ii. Recovery Position
- iii. Rescue Breathing
- iv. Cardiopulmonary Resuscitation

c. Unconscious Children

- i. Primary Survey
- ii. Recovery Position
- iii. Rescue Breathing
- iv. Cardiopulmonary Resuscitation

d. Choking in a Baby

- i. Recognising signs of choking
- ii. Treatment of a choking baby

e. Choking in a Child

- i. Recognising signs of choking

ii. Treatment of a choking child

Trainer/Assessor's Notes

All First Aid references are made to the current Voluntary Aid Societies First Aid Manual. The Paediatric Resuscitation course is to be taught over a 2-hour period, plus breaks. The ratio of students to trainer/assessor is to be a maximum of 8:1. It is strongly recommended that approved resuscitation manikins are available in a minimum ratio of one baby and one child manikin per four students.

Suggested Timings

- a. Action in an Emergency - 15 minutes
 - b. Unconscious Baby - 55 minutes
 - c. Unconscious Child - 30 minutes
 - d. Choking Baby - 10 minutes
 - e. Choking Child - 10 minutes
- Total - 2 hours