



## Physical First Aid For Key Stage 2 (Year 6), Key Stage 3 and Key Stage 4

The most recent [statutory guidance from the Department of Education](#) on first aid for school children states that all pupils should know:

- “basic treatment for common injuries
- life-saving skills, including how to administer CPR\*
- the purpose of defibrillators and when one might be needed”

\* Cardio Pulmonary Resuscitation (CPR) is usually best taught after 12 years old

We do our best to work within your unique demographic, timescale, and budget.

Below is an illustration based on our experience in delivering onsite training to Schools and guidance from the Department for Education.

### 1. Pre course learning (approximately 1 to 2 hour's video-based training in increments to suit)

We recommend (classwork or homework), that each student complete our ProTrainings video based **free student first aid course** where all students can also download a certificate once completed. It would greatly supplement the practical session.

Full details here: <https://thebridgefirstaid.co.uk/product/free-student-first-aid-no-catch-just-lifesaving-skills/>

(Please try for yourself)

### If you like the idea, you can either:

Send each individual student [this link](#) to sign in and access the training (GDPR Compliant). Once they have finished you can ask them to send you their digital certificate which is emailed directly to the student on completion of the final quiz.

### Or

Should you prefer to monitor each student's progression, rather than them log in individually, please use [this link](#) and we will send you a school code so you can manage their access to the course, and see how far through the training they are at any one time.

You are welcome to utilise this free online first aid training regardless. **It's Free.** Perhaps you can persuade some of the staff to try it?

### **This Free video-based course covers:**

- Introduction to First Aid
- Prevention of accidents and Keeping safe in an emergency
- Looking after someone in need
- Unconscious but breathing
- Adult and older children CPR
- Hands-only CPR
- Choking
- Heart Attack and Stroke
- Serious Bleeding and Shock
- Broken bones and spinal injury
- Allergic Reaction
- Asthma and Breathing Problems
- Treating Pets
- Summary and learning more

### **2. Practical hands-on skills (Tailored to your group)**

Discuss and practice some or all of the topics, depending on age group and time: (also covered in the free video based online course)

OR

### **3. If your budget and time frames are limited, why not hire our training manikins.**

We would normally come to your school for a full or half day, and deliver the practical session to groups of ideally 24 max at a time. Therefore, in a day, we can deliver hands on practical training to more than one class if needed.

We prefer groups of max 12 simply because it ensures they all get to have their very own casualty. 24 would mean 1 between 2. If your preference is for the whole class in one go, (30 ish?) then note **FAQ's** below.

First and foremost, our responsibility to risk mitigation, does not prevent a relaxed training environment, on the contrary.

We have the newest model CPR manikins for 2020 – post COVID. This means air expelled from the (single use) lungs and is vented out the back of the head.

♥ 1 adult, child manikin each, with electronic wireless live feedback on compression depth and speed and chest recoil parameters. **Children love these.**

*“Children and young people are growing up in an increasingly complex world....they need to know how to be safe and healthy.”*

(Secretary of State, Dept of Ed, Health Ed guidance)

*“It’s never too early to empower children with the basic skills that could save lives. While many of us have conversations with our children about how to access emergency services, it is important that we formalise these lessons in schools and give children the confidence to help others.” 2022*

(The Education Secretary Gavin Williamson)

You can read more about the Statutory guidance on the RSE curriculum [here](#).

## [Frequently asked questions from Schools](#)

**What should we be teaching pupils at each key stage?**

**The Dept for Education recommends that pupils at KS2 should know:**

- How to make a clear and efficient call to emergency services
- Concepts of basic first-aid e.g. dealing with common injuries, including head injuries

**The Department for Education recommends that pupils at KS3 should know:**

- How and when to deliver CPR and understand the concept and use of Automated External Defibrillation (AED)
- In addition, we suggest you also understand the concepts of common first aid emergencies and consider a recap of first aid skills gained at KS2.

**The Department for Education recommends that pupils at KS4 should know:**

- How and when to deliver CPR and understand the concept and use of Automated External Defibrillation (AED)
- In addition we suggest you also understand the concepts of common first aid emergencies and consider a recap of first aid skills gained at KS2 and KS3.

**Can the session be an hour, as the students have got a jam-packed timetable and one hour should be suitable for this topic?**

***Yes. All our trainers are also parents, we know the drill.***

**What will you provide? eg mannequins?**

*Yes of course. If the session is more than 1-hour blocks: then also fake injuries, bandages etc,*

*We don't need any power points, although a flipchart or white board available would be great.*

*If time and age appropriate, we will include a demo with the AED.*

**What will happen in these sessions? I think an introduction about what CPR is? why it is important? and steps and demonstration into performing CPR would be good ...**

*When/how to call for help.*

*DR ABC (Danger, Response, Airway, Breathing, Circulation. – Recovery position, and CPR. If they CAN watch the video on CPR on the student first aid course beforehand it would be fab, however we appreciate the time pressures.*

*Longer sessions will include bleeding and minor injuries.*

*Requests can also be made: e.g. Anaphylaxis. Or why not make your own suggestions. We tailor the course and role play according to you preference.*

**Would there be a chance students can get involved and perform CPR?**

*Yes, it will be predominantly practical, and they will be rolling around on the floor to practice recovery position and safe airway. They will all have a go at CPR, however if there are more than 12 only some may do rescue breathing as we don't have 30 manikins and for hygiene reasons, an hour is not long enough to change so many lungs and sanitise between learners.*

*Keeping safe, calling for help, airway management, and hands only CPR is the most important thing.*

### ONSITE PRACTICAL DELIVERY PRICE

Onsite practical Cost; includes all perishables, equipment, digital manuals, and certificate templates. We do not charge VAT.

Instructor fees for half a day £350.00

Instructor fees for a full school day £595.00 (morning groups and an after-lunch sessions) We do expect the staff to get involved and ask lots of questions.

Manikin and AED training unit hire 1 day to 7 days £195.00 1 weeks hire of 6 adult/child manikins, each with electronic wireless live feedback on compression depth and speed and chest recoil parameters. Children love these. We deliver these to your school and include a brief demonstration with one of your first aid trained staff members on how to set up the Bluetooth functionality, how to sanitise after use, and how to change batteries if needs be.

*We hope they all leave feeling like they know “enough”. We always say, if you are not sure what to do, just do something, and the person on the end of the phone is there to help.*

*“Functional not perfect” ....*

Functional first aid saves lives.

