



<p>DURATION</p> <p>4 Hours</p>	<p>GROUP SIZE</p> <p>Up to 12 Learners</p>	<p>LEVEL</p> <p>Awareness / Foundation</p>
<p>LEGISLATION</p> <p>Health and Safety (First Aid) Re...</p>	<p>RESOURCES</p> <p>Handout, Quiz, Slides</p>	<p>ASSESSMENT</p> <p>Knowledge Check Quiz</p>

LEARNING OBJECTIVES

	Conduct a primary survey using the DR ABC framework
	Perform effective CPR on adults, children and infants
	Use an AED (Automated External Defibrillator) safely and effectively
	Manage choking in adults, children and infants
	Treat wounds, burns, fractures and other common injuries

SESSION PLAN

0:00–0:15	Welcome	Welcome & Introductions Trainer intro, housekeeping, fire exits, learning outcomes for First Aid
0:15–0:30	Icebreaker	Warm-Up Activity Icebreaker to engage learners and introduce the topic of First Aid
0:30–1:00	Theory	Key Legislation & Background Health and Safety (First Aid) Regulations 1981 — why it matters, employer duties, employee responsibilities
1:00–1:30	Theory	Core Knowledge — Part 1 Key facts, statistics, risk factors, and underpinning knowledge for First Aid
1:30–1:45	Break	Morning Break 15-minute comfort break — trainer to prepare practical equipment
1:45–2:15	Theory	Core Knowledge — Part 2 Deeper dive into First Aid — common hazards, control measures, best practice
2:15–2:50	Practical	Demonstration & Supervised Practice Trainer demonstrates key techniques; learners practise in pairs with trainer feedback
2:50–3:00	Break	Short Break 10-minute break — distribute quiz papers
3:00–3:20	Assessment	Knowledge Check Quiz Learners complete the quiz individually; trainer collects and marks
3:20–3:40	Activity	Group Scenario Exercise Teams work through a realistic scenario applying First Aid knowledge
3:40–3:55	Review	Quiz Review & Q&A Go through quiz answers; address any misconceptions; open Q&A session
3:55–4:00	Close	Summary & Close Recap key learning points, issue certificates, signpost further resources