

First Aid plan 2022 – using British Red Cross resources and suggested topics

<https://firstaidchampions.redcross.org.uk/primary/first-aid-skills/>

Introduction and key skill of calling 999

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| 1. Why is first aid important? | 15 mins |
| 2. Giving first aid – overview | 15 mins |
| 3. Meet the characters | 10 mins |
| 4. Calling 999 | 20 mins |

First aid modules

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| 5. First aid for asthma | 25 mins |
| 6. First aid for burns | 25 mins |
| 7. First aid for bleeding | 25 mins |
| 8. First aid for head injuries. | 25 mins |

Opportunity to recap and consolidate

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| 9. Spot the danger | 20 mins |
| 10. Thinking about helping | 20 mins |
| 11. Decision making | 20 mins |

Delivery

1 hour introduction session covering modules 1 – 4 with whole school

1 hour session for children to do two first aid modules (KS1 5 & 6 / KS2 7 & 8)

Follow up:

1 hour session: spot the danger, thinking about helping and decision making