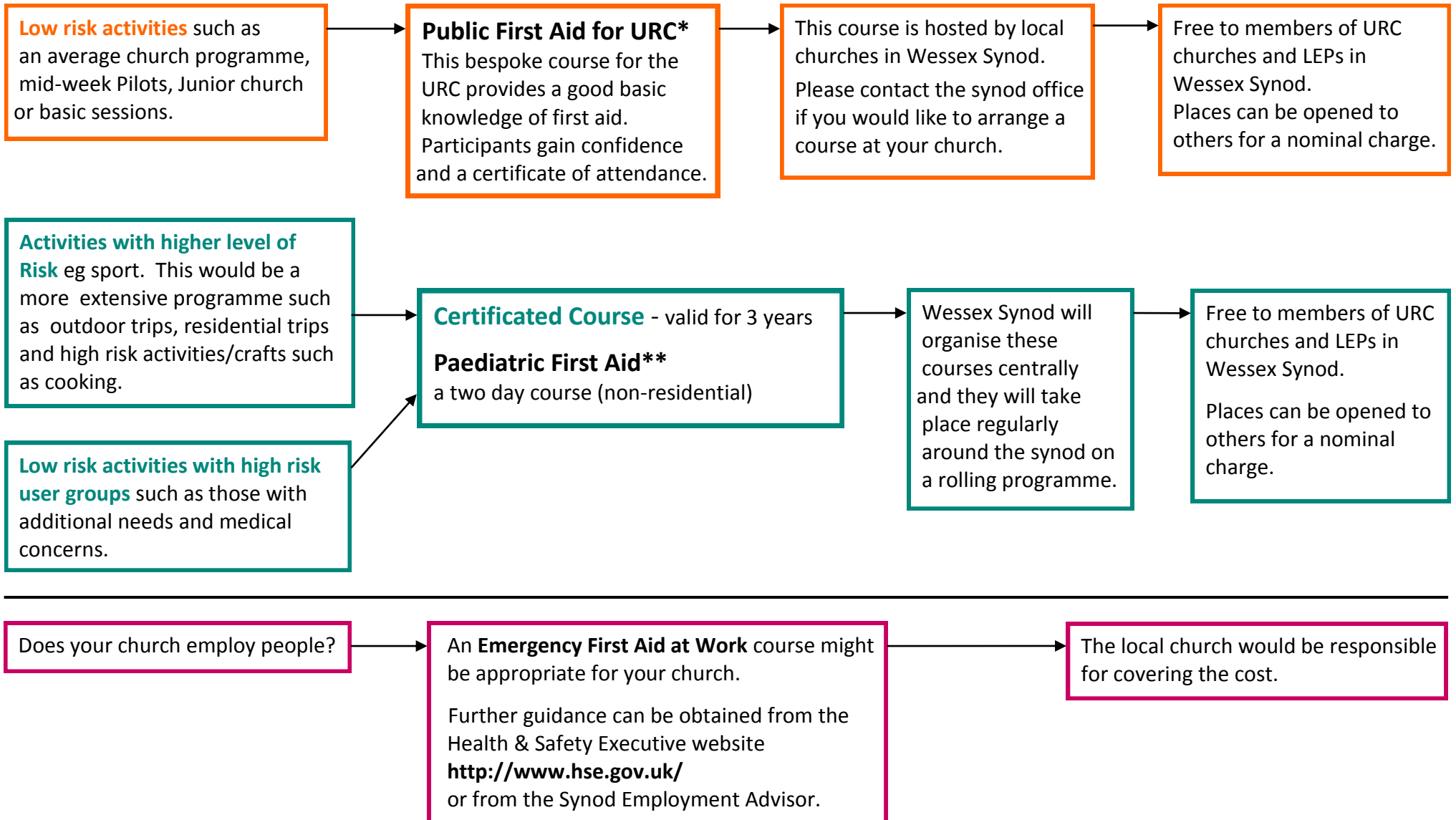


# First Aid Training - Flow Chart



To help local churches in Wessex Synod identify the appropriate level of training for church activities. Local churches have a responsibility to ensure that there is an adequate provision of first aid at all their programmes with a ratio of 1 - 50 (staff and participants included).



## URC Wessex Synod works in partnership with The British Red Cross to provide ...

### \* Public First Aid for URC - 1 day

- Welcome and introduction
- Dealing with an emergency
- The Bystander effect
- Choking adult, child and baby
- Unconscious and breathing adult, child and baby (Recovery position)
- Unconscious and not breathing adult, child and baby (CPR)
- Fever and febrile seizures
- Seizures
- Head injury
- Burns
- Severe allergic reaction
- Swallowed something harmful
- Bleeding
- Nosebleed
- Asthma
- Meningitis
- Breaks, sprains and strains
- Diabetic emergency

#### **Feedback: 'Public First Aid for URC'**

*The course was good - easily paced, not expecting the participants to be neuro-surgeons or even paramedics and delivered in such a way that all felt confident in carrying out first aid.*

***The course is exactly what the Church wanted.***

### \*\* Paediatric First Aid - 2 days, certificated

- Welcome and introduction
- Dealing with an emergency
- Unresponsive and breathing baby & child
- Unresponsive and breathing baby & child and special consideration suspected spinal injury
- Unresponsive and not breathing baby and child
- AED (Automated External Defibrillator)
- Choking baby and child
- Hygiene techniques
- Bleeding and wounds
- Shock
- First aid kits
- Burns
- Objects in the ears and nose
- Accident recording, reporting and administering medication
- Heat exhaustion
- Hypothermia
- Fever and febrile seizures
- Vomiting and diarrhoea
- Meningitis
- Asthma
- Seizures
- Severe allergic reaction
- Diabetic emergency
- Bone, muscle and joint injuries
- Head injury
- Harmful substances
- Unresponsive and breathing adult
- Unresponsive and not breathing adult
- Choking adult

### Further information about First Aid at Work

First Aid at Work, Your Questions Answered  
<http://www.hse.gov.uk/pubns/indg214.pdf>

Selecting a First Aid Provider, a guide for Employers  
<http://www.hse.gov.uk/pubns/geis3.pdf>  
including selecting an appropriate course.