This Paediatric First Aid course has been designed by a qualified first-aider to help parents, carers, teachers, and anyone else who lives or works with children, learn the basics of first aid so that they can react appropriately in an emergency situation.

The course uses high-quality videos and text guidance to explain how to identify and respond to incidents, including how to treat minor injuries, put a child or infant in the recovery position and administer CPR to a child or infant casualty.

Module One: The Primary Survey
This module outlines why knowledge of first aid is so important, details the essential items for a first aid kit, and explains the steps of the primary survey using a series of videos.

- The aim of first aid
- Your first aid box
- The primary survey: danger, response, airway and breathing

Module Two: The Secondary Survey
This module explains which areas to focus on once a primary survey has been completed and, using videos, outlines how to put children and infant casualties into the recovery position.

- Steps of the secondary survey
- When to call an ambulance
- The recovery position
- The recovery position for infants
- Unconscious casualties
- Choking
- Wounds and bleeding
- Shock

Module Three: Treating Secondary Injuries
This module helps learners understand how to deal with burns, broken bones and head and eye injuries.

- Burns and scalds
- Eye injuries
- Head injuries
- Fractures and broken bones
- Spinal injuries

Module Four: Resuscitation (CPR) for Children and Infants
This module teaches how to administer CPR chest compressions and rescue breaths to both child and infant casualties. The module also explains the benefits of AEDs.

- Administering CPR to children
- Administering CPR to infants
- Stopping CPR
- Defibrillators (AEDs)
- Extra things to consider

Module Five: Secondary Illnesses and Conditions
This module details some of the illnesses and conditions that children may live with on a daily basis, such as diabetes and allergies, and explains how to recognise the symptoms and respond in an emergency situation.

- Asthma
- Allergic reactions and anaphylaxis
- Bites and stings
- Diabetes
- Epilepsy
- High temperatures
- Hyperventilation
- Electric shock

Module Six: Further Secondary Illnesses and Conditions
This module looks at some more common conditions, as well as a few rare illnesses, and helps learners understand how to recognise and respond to them.

- Sickle cell
- Meningitis and septicaemia
- Sepsis
- Croup
- Nosebleeds
- Sprains and strains
- Poisoning
- Smoke inhalation
- Hypothermia
- Drowning
Aims of the Training

By the end of this course, learners will:

• Know how to conduct a primary survey on a child casualty.
• Know how to administer CPR to a child or infant casualty.
• Know how to put children and infants in the recovery position.
• Be able to deal with and respond to choking, wounds, bleeding and shock in children and infants.
• Be able to deal with and respond to burns, eye and head injuries and fractures.
• Know how to care for children suffering from asthma attacks, allergic reactions, croup, nosebleeds, diabetic emergencies, epileptic seizures, high temperatures and hyperventilation.
• Understand the importance of recognising meningitis, septicaemia, sepsis and sickle cell.
• Be able to deal with and respond to sprains and strains, poisoning, smoke inhalation, hypothermia and drowning.