

FAST5

Syllabus Part 1



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Module 1 First steps in first aid

Scene management
Duty of care and *in loco parentis*
First aid myths

Module 2 Asphyxia

Defining asphyxia
Discuss the causes, signs, symptoms and treatment of hyperventilation, asthma, anaphylaxis and choking
Abdominal thrusts for choking
Student practical : Epipen use and abdominal thrusts

Module 3 Unconscious Casualty Management

Defining unconsciousness
Discuss the causes of unconsciousness in children
General management and primary survey
Demonstration of the management of an unconscious child and the recovery position
Student practical : ABC, The recovery position

Module 4 Resuscitation

An explanation of CPR, its effects and the importance of first response in children
Discuss and explain the causes of cardiac arrest in children
Demonstration of child resuscitation
Explanation of the differences in adult and child resuscitation

Module 5 Bleeding and Wounds

Discuss the immediate management of wounds and how children perceive them
Treatment and management of embedded foreign bodies, nosebleeds and various wounds
Demonstration of the application of a dressing and an elevation sling
Student practical : Applying a dressing and elevation sling

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Syllabus Part 2



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Module 6 Childhood Medical Emergencies

How to recognise and manage epilepsy, diabetes, chickenpox and meningitis

Module 7 Fractures

Discuss mechanism of fractures in children
Signs, symptoms and general management of fractures
Arm sling

Student practical : arm slings

Module 8 Strains, Sprains and Dislocations

Discuss the difference between a strain and a sprain
General treatment of strains and sprains
R*I*C*E method for treatment
Recognition and management of dislocations

Module 9 Burns and Scalds

General management and treatment for burns
Discuss the effect of burns on children
What NOT to do with burns

Module 10 Eye Injuries

The treatment and management of simple eye injuries
Irrigation of the eye

Module 11 Record Keeping

A brief discussion on keeping records in schools
Managing children's medicines in schools; the law