

# FAST5



## Syllabus

### PART 1

#### Module 1 Core knowledge

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 The unconscious child

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 Child 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

**Award: Level 2 (intermediate) Paediatric First Aid Certificate Validity: 3 years**

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## Syllabus

### PART 2



#### **Module 6 Childhood medical emergencies**

How to recognise and manage epilepsy and diabetes

#### **Module 7 Musculoskeletal injuries**

Discuss mechanism of fractures in children  
Signs, symptoms and general management of fractures  
Arm sling  
Discuss the difference between a strain and a sprain  
General treatment of strains and sprains

#### **Module 8 Burns**

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

#### **Module 9 Other emergencies**

Overview of head injuries - recognition and appropriate treatment  
The treatment and management of simple eye injuries  
Irrigation of the eye

#### **Module 10 Regulations and record keeping**

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

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