

YOUNG FIRST AIDER

At Aim High, we believe that a knowledge of First Aid is essential in everyday life.

We feel that First Aid classes should not stop at adults, they should also be available to children, for that reason, we offer a variety of suitable courses for children between the ages of 7 and 15 years old. On completion of the course they will be awarded with an attendance certificate listing the topics they have learnt.

We provide three choices for the Young First Aider class and have suggested an approximate age limit for each class. These ages are not specific and the choice of which class is suitable for each child is entirely at the parents discretion.

Our First Aid Instructors who conduct these classes, have qualifications that are acceptable to the Health and Safety Executive for teaching the statutory First Aid and whose registration is acceptable to Nuco Training Ltd.

Aim High Training and Development are able to tailor this course to meet the requirements of your organisation or for any individual.

Please see the table below for all lesson topics and our recommendations for age groups.

Aim High

Training & Development



	LESSON TOPICS	7 – 9 YRS Total hours – 1	10 – 12 YRS Total hours – 3	13 – 15 YRS Total hours – 4
SESSION 1	Introduction – The Young First Aider	✓	✓	✓
	What is First Aid?	✓	✓	✓
	First Aid in your world	✓	✓	✓
	Action in an emergency – contacting 999	✓	✓	✓
SESSION 2	Primary Assessment		✓	✓
	Secondary Assessment		✓	✓
	Problems with Breathing		✓	✓
	Basic life support for Adults, Children and Babies		✓	✓
SESSION 3	Wounds and Bleeding			✓
	Bites and Stings			✓
	Head and Eye injuries			✓
	Burns and Scalds			✓
	Allergy reactions			✓