



## Aim

To establish a level of competence with those who hold a valid recognised First Aid qualification to deliver intermediate life support. This will include basic life support, use of an Automated External Defibrillator (AED), management of a casualty with a spinal injury on dry land, effective management of a casualty in a pre-hospital environment and safe administering of oxygen.

## Pre-requisites

- Minimum of 14 years of age on the date of assessment.
- The First Responder award (FR) is only open to candidates who hold a valid, recognised First Aid qualification. At the start of the FR course all candidates will be required to demonstrate CPR to the standards set out by SLSGB. Candidates who fail this test will not be permitted to continue the course and will not be entitled to a repayment of the course (registration) fee.

## Validity

24 months from the date of assessment (may be revalidated at annual proficiency test).

## Syllabus

1. The FR award may be taught as one course. Alternatively the three units may be taught and awarded separately – if all three units are completed within a six month period the First Responder qualification can be awarded. It will be valid for 24 months from the date of the first unit awarded.

It is recommended that the First Responder qualification consist of 11 Guided Learning Hours (GLH).

<p><b>Unit 1</b> Oxygen and the pre-hospital environment (3 GLH):</p>	<p><b>1. Theory</b> Candidates are required to demonstrate that they have a clear understanding:</p> <ul style="list-style-type: none"> <li>• Safety considerations in the pre-hospital environment</li> <li>• Basic trauma assessment</li> <li>• When not to attempt resuscitation</li> <li>• Indications for the use of suction</li> <li>• Oxygen                             <ul style="list-style-type: none"> <li>• Indications for use</li> <li>• Safety considerations in its use and storage</li> </ul> </li> </ul> <p><b>2. Practical</b> Demonstrate effectively:</p> <ul style="list-style-type: none"> <li>• Use of suction</li> <li>• Oxygen therapy to a casualty who maintains signs of life</li> <li>• Oxygen use via resuscitation face mask during resuscitation attempts</li> </ul>
---	--

<b>Unit 2</b> Automated External Defibrillation (AED) (2 GLH):	<b>1. Theory</b> Candidates are required to demonstrate a clear understanding of the following topics: <ul style="list-style-type: none"> <li>• Early defibrillation</li> <li>• Using an AED</li> <li>• The procedure for using an AED when the following situations arise <ul style="list-style-type: none"> <li>• Casualty is wet</li> <li>• Casualty is a child</li> <li>• Patient is in a possibly explosive/ flammable atmosphere</li> </ul> </li> </ul>
	<b>2. Practical</b> Demonstrate effectively the procedure for using an AED safely for a casualty with a: <ul style="list-style-type: none"> <li>• Shockable rhythm</li> <li>• Non-shockable rhythm</li> </ul>
<b>Unit 3</b> Spinal injury management (Dry) (6 GLH)	<b>1. Theory</b> Candidates are required to demonstrate a clear understanding of the following topics: <ul style="list-style-type: none"> <li>• Awareness of manual handling risk to rescuer in dealing with a casualty with potential spinal injury</li> <li>• Assessment of a casualty with a potential spinal injury</li> <li>• Principles of management of a casualty with a spinal injury</li> </ul>
	<b>2. Practical</b> Demonstrate effectively and safely: <ul style="list-style-type: none"> <li>• The straightening of a casualty with a potential spinal injury</li> <li>• Manual In Line Stabilisation (MILS)</li> <li>• Use of spinal extrication board, head restraints and application of cervical collar</li> <li>• Two person "take down"</li> <li>• Log Roll</li> <li>• Opening of the airway in a casualty with potential spinal injury</li> <li>• Jaw thrust</li> <li>• Head tilt and chin lift with controlled "nudging"</li> </ul>

#### Recognition of prior learning (RPL)

Candidates with current qualifications will be eligible for exemption as follows:

Qualification	Exemption
SLSGB Inland Waters Lifeguard	Oxygen and suction elements of Unit 1 - 1 GLH
SLSGB Surf Lifeguard	Jaw thrust + head tilt, chin lift/ log roll/ MILS - 2 GLH
SLSGB Beach Lifeguard	
SLSGB Lifeguard Support	
SLSGB Surf Lifesaver	

## Assessment

- Attend a registered course of instruction.
- Demonstrate the ability to carry out the practical skills as well as support actions with underpinning knowledge as defined in the syllabus.
- This award is Trainer/Assessor assessed. (The award may be delivered by a Trainer and assessed by an Assessor or delivered and assessed by a Trainer/Assessor).