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| **First Aid Exemplar Lesson Plan** |
| **Lesson plan** — **Day 1** of Award in First Aid at Work — GN0V 46. |
| **Lesson plan** — Award in Emergency First Aid at Work — GN0T 46 |
| **Unit title** — Emergency First Aid in the Workplace — HV82 04 |

| **Time allocation** | **Aims and objectives** | **Activity** | **Resources** |
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| 20 minutes | Introduce learners to the award/unit, each other and the accommodation.  Clarification of learner suitability/responsibility for award. | Trainer led discussion  Group introductions | * Name labels * Learner registration form * Induction checklist * Learning outcomes |
| 20 minutes | To introduce learners to requirements of Outcome 1 — Understand the role and responsibilities of the first aider.  To include assessment criteria:  1.1 — Identify the role and responsibilities of a first aider  1.2 — Identify how to minimise the risk of infection to self and others  1.3 — Identify the need for consent to provide first aid | Organise learners in groups of two or three as fits the needs of the class group. Cover all of the assessment criteria noted across the groups. Each group to be allocated a specific subject matter. Each group is to discuss their allocated subject and prepare to share knowledge and understanding of it with the class group. | * Pen/paper * Handout/first aid book * Flip chart/pens * EFAW power point |

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| 20 minutes | Introduce learner to the requirements of Outcome 2 — Be able to assess an incident.  To include assessment criteria:  2.1 — Conduct a scene survey  2.2 — Conduct a primary survey of a casualty  2.3 — Summon appropriate assistance when necessary | Trainer led discussion providing knowledge and understanding of assessment criteria subject matter. The trainer should include an opportunity for learners to have appropriate time to practice and demonstrate assessed competence for 2.1 and 2.2. | * Pen/paper * Handout/first aid book * Flip chart/pens * EFAW power point |
| 1 hour | Introduce learners and assess competence for Outcome 3 — Be able to provide first aid to an unresponsive casualty.  To include assessment criteria:  3.1 — Identify when to administer Cardio Pulmonary Resuscitation (CPR)  3.2 — Demonstrate CPR using a manikin  3.3 — Justify when to place a casualty into the recovery position  3.4 — demonstrate how to place a casualty into the recovery position  3.5 — Identify how to administer first aid to a casualty who is experiencing a seizure | Trainer led knowledge session with practical assessment. The trainer provides explanation and management of class discussion of appropriate first aid knowledge across the assessment criteria.  Organise learners to allow appropriate time for them to access manikins and AED’s. Provide sufficient opportunity for the learners to practice the skills required for the demonstration of competence for CPR and recovery position.  Summative assessment can take place at the assessor’s discretion. | * Assessment checklist * Casualty for assessment of recovery position * Floor coverings for comfort/safety * Manikins * Automated External Defibrillator (AED) * Face shields * Sterile wipes |

| **Time allocation** | **Aims and objectives** | **Activity** | **Resources** |
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| 15 minutes | **Comfort break** |  |  |
| 1 hour | The continuation of Outcome 3 — Be able to provide first aid to an unresponsive casualty.  To include assessment criteria:  3.1 — Identify when to administer Cardio Pulmonary Resuscitation (CPR)  3.2 — Demonstrate CPR using a manikin  3.3 — Justify when to place a casualty into the recovery position  3.4 — Demonstrate how to place a casualty into the recovery position  3.5 — Identify how to administer first aid to a casualty who is experiencing a seizure | Continuation of the above practical activities.  The trainer should cover Outcome 3 and the associated assessment criteria to best meet the needs of the class group and to provide flexibility for how much time to spend on each area — again dictated by the needs of the class group. | * Assessment checklist * Casualty for assessment of recovery position * Floor coverings for comfort/safety * Manikins * Automated External Defibrillator (AED) * Face shields * Sterile wipes |

| **Time allocation** | **Aims and objectives** | **Activity** | **Resources** |
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| 30 minutes | Introduce and assess learners for relevant areas of Outcome 4 — be able to provide first aid to a casualty who is choking.  To include assessment criteria:  4.1 — Identify when choking is mild and when it is severe  4.2 — Demonstrate how to administer first aid to a casualty who is choking | Practical assessment  Trainer led discussion regarding choking and covering the signs and symptoms of mild choking as well as severe choking and understanding the differences between the two.  Organise learners to allow appropriate time for them to access manikins and/or choking vest for the purposes of practicing how to administer first aid to a casualty who is choking.  Summative assessment can take place at the assessor’s discretion for the practical demonstration of Assessment Criteria 4.2. | * Assessment checklist * Choke vest * Manikins * Handouts/first aid book |
| 45 minutes | **Lunch break** |  |  |

| **Time allocation** | **Aims and objectives** | **Activity** | **Resources** |
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| 1 hour | Introduce and assess learners for relevant areas of Outcome 5 — Be able to provide first aid to a casualty with external bleeding.  To include assessment criteria:  5.1 — Identify the severity of external bleeding  5.2 — Demonstrate how to control external bleeding | Trainer led discussion on different types of bleeding and wounds.  Trainer led discussion regarding different types of bleeding and wounds.  Organise learners to allow appropriate time for them to access dressings and slings (if appropriate) for the purposes of practicing how to provide first aid to a casualty with external bleeding.  Summative assessment can take place at the assessor’s discretion for the practical demonstration of Assessment Criteria 5.2. | * Assessment checklist * Power point (visuals) * Variety of bandages * Slings (as necessary) |

| **Time allocation** | **Aims and objectives** | **Activity** | **Resources** |
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| 30 minutes | Introduce learners to Outcome 6 — Know how to provide first aid to a casualty who is in shock.  To include assessment criteria:  6.1 — Recognise a casualty who is suffering from shock  6.2 — Identify how to administer first aid to a casualty who is suffering from shock.  Introduce learners to Outcome 7 — Know how to provide first aid to a casualty with minor injuries.  To include assessment criteria:  7.1 — Identify how to administer first aid to a casualty with:   * Small cuts * Grazes * Bruises * Small splinters   7.2 — Identify how to administer first aid to a casualty with minor burns and scalds | Group activity with use of flip chart and/or other interactive process.  Organise learners in groups of two or three as fits the class group. Cover all of the assessment criteria noted across the groups with the allocation of specific subject matter to each group.  Each group is to discuss their allocated subject and prepare to share knowledge and understanding of it with the class group. | * Flip chart/pens * EFAW PowerPoint |

| **Time allocation** | **Aims and objectives** | **Activity** | **Resources** |
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| 1 hour | Assessing learners using the written summative assessment questions | Summative written assessment, assessor feedback to learners and remediation time (as required) | * Manikins/AEDs * Instrument of assessment * Marking instructions |
| Total hours — 6 + breaks |  |  |  |