

WFL HWB FIRST AID

01. Who is this course for?

This course is 5 weeks long. There will be 2 hour taught sessions each week with other learners. You will have access to course materials. You will be encouraged to attend every session and carry out activities that support your understanding of health, wellbeing and first aid.

02. What will I learn?

This course has been designed to help you understand Health, Wellbeing and basic paediatric First Aid. You will over 5 weeks learn and build knowledge and practical understanding about the following: Induction to the course, complete your ILP starting point LO 1: Identify and state the 5 aspects of Good Health. LO 2: Understand and list 5 key things that support good Mental Health. LO 3: Carry out a Primary Survey, place a casualty in the Recovery position, describe how to access and use a defibrillator. LO 4: Carry out CPR on a Baby Annie, Junior Annie, and an Adult Annie. State the different methods between CPR on a baby to that of a junior. LO 5: Choking, treat a casualty who is choking. Describe the difference between gagging and choking. Recognise common childhood illnesses and how to treat them. Key numbers and health aps. LO 6: Describe the signs and symptoms of a severe bleed. Describe how to treat a nosebleed. IAG on the next steps courses available and other Family learning classes

03. How will I learn?

You are assessed in the classroom by the tutor and by your own self – assessment of topics. You will be asked to complete an individual learning plan and keep a diary where you can comment upon the topics you have learned; the progress you feel you've made and record any activities you have carried out at home. Your tutor will feedback to you regularly and may suggest some activities or resources that are appropriate for your learning. So that you can be successful in completing the course we do require that you try not to miss any sessions – talk to your tutor about individual video catch ups. You are expected to attend 90% of the course.

05. What skills or experience do I need?

There are no formal entry requirements for Family Learning. You do not need any previous experience, knowledge or skills to enrol on this course; just an interest in finding out about how children learn and how you can encourage and support them.

08. How will I be supported in my learning?

Once you start, if you have further queries and/or support needs, please talk to the tutor. We also offer support to help people with learning difficulties and/or disabilities. If you have a disability, learning difficulty, health problem or mental health difficulty that may affect your learning or participation, please contact us for further advice.