



Girlguiding

1st Response syllabus

Unless otherwise stated (as identified by * or **) items can be delivered in a theoretical way, using trainer delivered or video content.

Items identified with * can be delivered in either theory or practical methods, recognising that a variety of factors may make this not possible, where possible practical activities would be encouraged.

Items identified with ** **must** be demonstrated practically by the participants (although those who are not able to do this may instruct others in doing the skill), and with a combination of trainer delivered, video and practical teaching methods to aid with learning.

	Session in 1 st Response course
<p><u>Life Support</u></p> <p>Demonstrate (or instruct a trainer) your skill in performing and your knowledge of</p> <ul style="list-style-type: none"> a) Use of AED (automated external defibrillator) ** b) Choking * c) Causes and level of unresponsiveness d) Recovery / safe airway position ** 	1
<p><u>Life Support</u></p> <p>Demonstrate (or instruct a trainer) your skill in performing and your knowledge of</p> <ul style="list-style-type: none"> a) Safe approach, primary survey and initial assessment ** b) CPR for an adult ** c) CPR for a child ** 	1

Trauma and injury

2

- Shock
- Bleeding (severe, nosebleeds, internal, tourniquets) *
- Fractures and sprains*
- Ticks
- Spinal injuries
- Head injury
- Dental incidents
- Burns

Major Illness

3

- Asthma
- Anaphylaxis *
- Heart attack
- Stroke
- Seizures
- Diabetes
- Sepsis/Meningitis

Note: Anaphylaxis can have some practical delivery should qualified individuals be available to assist with the practical demonstration of the use of adrenaline auto-injectors.