

# SESSION PLAN

MINI MEDICS - FIRST AID TRAINING FOR CHILDREN : 29.11.2021



## Mini Medics® – First Aid Training for Children 3 hour course

### Overview

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<b>Module 1</b>	Let's get started
<b>Module 2</b>	What is First Aid?
<b>Module 3</b>	First Aid kits
<b>Module 4</b>	Important things to know about First Aid
<b>Module 5</b>	DR ABC
<b>Module 6</b>	CPR
<b>Module 7</b>	Defibrillation
<b>Module 8</b>	Recovery position
<b>Module 9</b>	Choking
<b>Module 10</b>	Asthma
<b>Module 11</b>	Wounds and bleeding
<b>Module 12</b>	Shock

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<b>Module 1</b>	<b>Let's get started</b>
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<b>Module content</b>	Administration Syllabus
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<b>Module duration</b>	<b>5 minutes</b>
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<b>Module 2</b>	<b>What is First Aid?</b>
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<b>Module content</b>	Definition of First Aid
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<b>Module duration</b>	<b>5 minutes</b>
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<b>Module 3</b>	<b>First Aid kits</b>
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<b>Module content</b>	First Aid kits and contents
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<b>Module duration</b>	<b>5 minutes</b>
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<b>Module 4</b>	<b>Important things to know about First Aid</b>
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<b>Module content</b>	Safety Communication Contacting the emergency services
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<b>Module duration</b>	<b>10 minutes</b>
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<b>Module 5</b>	<b>DR ABC</b>
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<b>Module content</b>	Dangers Checking for a response Opening the airway Check breathing Consequences of the breathing check
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<b>Module duration</b>	<b>25 minutes</b>
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<b>Module 6</b>	<b>CPR</b>
<b>Module content</b>	Chest compressions Rescue breaths CPR cycle
<b>Module duration</b>	<b>25 minutes</b>
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<b>Module 7</b>	<b>Defibrillation</b>
<b>Module content</b>	What is an AED and where can I find one? Preparing the casualty Positioning of the pads Following the voice prompts and safety measures The importance of summoning an ambulance
<b>Module duration</b>	<b>25 minutes</b>
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<b>Module 8</b>	<b>Recovery position</b>
<b>Module content</b>	Procedure
<b>Module duration</b>	<b>20 minutes</b>
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<b>Module 9</b>	<b>Choking</b>
<b>Module content</b>	Choking procedure for a responsive casualty Choking procedure for an unresponsive casualty
<b>Module duration</b>	<b>20 minutes</b>
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<b>Module 10</b>	<b>Asthma</b>
<b>Module content</b>	What is asthma? Introduce the inhaler Treatment
<b>Module duration</b>	<b>10 minutes</b>
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<b>Module 11</b>	<b>Wounds and bleeding</b>
<b>Module content</b>	Explain how the heart works Embedded objects Wearing medical gloves Bandaging technique
<b>Module duration</b>	<b>20 minutes</b>
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<b>Module 12</b>	<b>Shock</b>
<b>Module content</b>	Recognition of shock Treatment for shock Course closure
<b>Module duration</b>	<b>10 minutes</b>
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