

Appendix 2: 1st Response course syllabus checklist

Updated 30.11.16

If you hold a current first aid or emergency aid qualification other than a 1st Response course, check this syllabus to ensure that all Girlguiding requirements have been covered. If you have covered only part of the syllabus, discuss with your Mentor or Commissioner how you can acquire the outstanding skills or knowledge.

Please note this version of the 1st Response syllabus replaces any prior published versions including page 41 of the Girlguiding Leadership Qualification as of 30.11.16

Principles of first aid related to Girlguiding

- key policies and guidelines relating to 1st Response
- emergency file
- duty of care for other people's children including giving medication
- managing and reporting an incident
- first aid equipment
- role of a first aider
- arrival at an incident

Emergency life support

- primary survey using DR ABC
- choking
- recovery position
- basic life support including CPR (for both children and adults)
- external bleeding

Life-threatening situations - identifying injuries and monitoring the condition

- identify injury
- levels of consciousness
- signs, symptoms and initial treatment for all causes of unresponsiveness including:
 - fainting
 - imbalance of heat include heat exhaustion, heat stroke and hypothermia
 - shock
 - heart attack/angina pectoris
 - stroke - include how to use FAST
 - head injury
 - asphyxia/hypoxia/drowning
 - asthma
 - anaphylaxis
 - poisoning
 - seizures including epilepsy
 - diabetic emergencies

Signs, symptoms and initial treatment for each of the following BONE AND MUSCLE injuries

- broken bones i.e. fractures
- strains and sprains

Signs, symptoms and initial treatment for each of the following SKIN injuries

- burns - dry heat, radiation including sunburn, hot liquids, steam (scalds) and chemicals
- minor cuts and grazes, bumps and bruises
- splinters
- stings/ticks/animal and snake bites
- blisters

Signs, symptoms and initial treatment for each of the following injuries to the HEAD

- foreign bodies in the ears and nose
- nosebleeds
- eye injuries

Signs, symptoms and initial treatment for each of the following ailments

- headache
- earache
- stomach ache
- dehydration
- tooth loss
- meningitis