

# THE BRITISH SUB-AQUA CLUB

*Skill Development Course Syllabus*



## Rescue First Aid Award

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**AIM** To introduce more advanced first aid skills such as the use of resuscitators, airways and neck stabilisation. The course also builds on oxygen administration procedures and includes refresher training in general first aid techniques.

**DURATION** One day.

**ENTRY GRADE** BSAC Sports Diver + First Aid for Divers and Oxygen Administration certificates.

**INSTRUCTORS** This course must be lead by an Approved Rescue First Aid Instructor, assisted either by other Approved RFA Instructors or NQIs seeking such approval - see Note 3. A register of Approved Rescue First Aid Instructors is maintained by the Chief Examiner / BSAC HQ.

Ratio: One Instructor for every six students.

**FACILITIES** Suitable classroom with teaching aids for formal presentations and with large clean area for practical sessions which will involve 'casualties' being laid on the floor and 'first aiders' working on them. Equipment and materials for practical sessions - as detailed in Course Instructor Notes.

**APPROVAL** Skill Development Course Approval Procedure applies.

**QUALIFICATION** Course Certification will be issued by BSAC HQ after the event.

### SYLLABUS

Instructor Briefing

Assemble, Introductions, Administration, Course Objectives 15 minutes

1 Theory Lesson **Resuscitation** 60 minutes

- Basic Resuscitation – Indicators, Priorities, Implementation, Sequence, AV, CC, CPR
- Advanced Resuscitation – Resuscitators, Oxygen concentrations, Cost, Practicalities, Use on Breathing Casualties
- Guedel Airways

2 Practical Lesson **Basic Resuscitation** 35 minutes

3	Theory Lesson	<p><b>Revision of the Principles of First Aid</b></p> <ul style="list-style-type: none"> <li>• Purpose and priorities</li> <li>• Shock</li> <li>• External bleeding</li> <li>• Internal bleeding</li> <li>• Sprains and Strains</li> <li>• Fractures</li> <li>• Dislocations</li> <li>• Burns</li> </ul>	30 minutes
4	Practical Lesson	<p><b>General First Aid – Instructor Demonstrations</b></p> <p>Demonstrations of first aid treatments for conditions explained in foregoing theory lesson</p>	30 minutes
5	Practical Lesson	<p><b>General First Aid – Student Practice</b></p> <p>Students practice first aid treatments for conditions explained in foregoing theory lesson</p>	75 minutes
6	Theory Lesson	<p><b>Neck Injuries and Casualty Handling</b></p> <ul style="list-style-type: none"> <li>• Neck Injuries – types, golden rules, methods, airway</li> <li>• Casualty Handling</li> </ul>	15 minutes
7	Practical Lesson	<p><b>Neck Injuries and Casualty Handling</b></p> <ul style="list-style-type: none"> <li>• Neck stabilisation</li> <li>• Jaw thrust</li> <li>• Casualty handling</li> </ul>	60 minutes
8	Assessment	<p><b>Theory and Practical Assessment</b></p> <p>An integrated theory and practical assessment where theory knowledge is assessed by questions posed while candidates are performing practical skill assessments involving use of resuscitators and airways, general first aid and management of neck injury.</p>	60 minutes
9	Classroom	<p><b>Open Forum and Course Debrief</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Issue Student Pack</li> <li><input type="checkbox"/> Enter student details onto SDC Approval / Report form</li> </ul>	15 minutes

Disperse

**NOTES**

