

Is your school ready to teach First Aid?

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First aid training encourages children to be self-reliant. It empowers them with invaluable skills for helping both themselves and others in medical emergencies, and they love the practical nature involved with learning it.

The government has now recognised just how important first aid is, hence their approval for it to be a mandatory element of the new PSHE curriculum.



Primary school children will be introduced to age-appropriate basic first aid, which will include learning how to call for an ambulance, and helping with common occurrences such as burns, choking, or putting someone who's unconscious and breathing into the recovery position.

There is no doubt that school children often find themselves in circumstances in which first aid would really help. The British Red Cross revealed that:

- More than 532,000 young teenagers have been left to cope with a drunken friend who was sick, injured or unconscious in the last year.
- 1/4 of young people have had to deal with asthma attacks.
- 1/3 of teenagers have had to cope with someone with a head injury.
- 1/5 teenagers have had to help someone who is choking.

Crucially: when faced with these emergency situations, 44% panicked and 46% simply didn't know what to do.

How should first aid be taught?

First aid is a complex specialist subject. Its concepts can be introduced to pupils by existing school staff, or external experts can be brought in, though both options will have cost and resource implications.

A common misconception is that first aid can be taught to large numbers simultaneously, such as in a school assembly. However, this runs the risk of children misunderstanding or misapplying first aid techniques – which could be potentially dangerous, if children who have only half-listened subsequently attempt to practise poorly-grasped skills on each other or younger siblings.

Ideally, practical first aid courses should be taught at an age-appropriate level to groups of up to 16 children. This way, trainers can ensure everyone is actively involved and has fully understood everything they're learning. Any practical training should always be age appropriate and tailored to the requirements of the school, the needs of the pupils and, of course, the scope of your budget.

Professional organisations come armed with mannequins, defibrillators, choking aids, bandages and other teaching aids, to make the teaching a truly engaging, memorable and enjoyable experience. Providers such as First Aid for Life, St John Ambulance, the British Red Cross and the British Heart Foundation will all provide invaluable accompanying teaching resources to enhance the practical training pupils receive.

The online option

It's also possible to equip larger groups of students with first aid skills via online modular pre-learning materials.

First Aid for Life offers a series of age-appropriate modular learning packages that enable students to learn such skills in school, alongside [supporting resources for teachers](#). This can be followed up with hands-on training and Q&A sessions which are ideal for consolidating the knowledge previously learnt online.

When first aid is taught in a practical way, by first aid experts, children's engagement levels soar. They love the hands-on nature of the subject and the opportunities to use those mannequins and master those defibrillators.





Learning first aid is an invaluable life-skill. It helps children become more risk aware and equips them with skills to keep themselves safe and help themselves or others if involved in a medical emergency. It could save their life.

First Aid for Life is a multi-award-winning, fully regulated First Aid Training provider, working in partnership with hundreds of schools since 2007. We will tailor our training to your needs and the requirements of your pupils and to your budget too – we can teach as part of PHSE, link it to some other part of the curriculum, in preparation for a school trip, or around any other particular need.

Our trainers are highly experienced (DBS cleared) medical and emergency services professionals who are superb at providing engaging practical training to adults, children and young people. In light of this we have created an incredible range of helpful age-appropriate resources to help you introduce your students to this complex subject. The best way to teach first aid is hands-on. Students love the practical nature of this subject and the wealth of experience our medical and emergency services professionals are able to share.

Full access to our [downloadable teaching resources](#) and the age appropriate modular online courses is free when you book any group practical first aid training with us for your staff, parents or students.