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## Overview

This unit is about the application of First Aid in emergency situations. It covers the ability to respond promptly and appropriately to a range of situations and incidents, in order to preserve life and protect casualties until specialist aid is available.

# SFJ GD9

## Administer First Aid

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### Performance criteria

#### **General requirements for administering First Aid**

*You must be able to:*

- P1 assess the casualty and establish the nature, extent and severity of the injury or condition
- P2 call for help when necessary and in line with current practice
- P3 check the area for danger and take the appropriate action

#### **Respond to the needs of casualties with minor injuries**

*You must be able to:*

- P4 ask the casualty for the history and symptoms of the injury
- P5 apply first aid treatment appropriate to the type and severity of the injury
- P6 inform the casualty of action taken and sources of further help

#### **Respond to the needs of casualties with major injuries**

*You must be able to:*

- P7 place the casualty in an appropriate position of rest to maximise blood flow to vital organs
- P8 protect the casualty from heat or cold
- P9 comply with hygiene procedures and avoid infection
- P10 control bleeding by applying direct or indirect pressure and appropriate dressings or bandages
- P11 check for, and where possible maintain, circulation beyond bandaging
- P12 immobilise and support injuries in line with current practice

#### **Respond to the needs of unconscious casualties**

*You must be able to:*

- P13 check casualty's level of consciousness and breathing
- P14 check for presence of any life-threatening conditions
- P15 move the casualty to the recovery position in line with current practice
- P16 monitor the casualty's condition and note any changes

#### **Perform cardio-pulmonary resuscitation (CPR)**

*You must be able to:*

- P17 open the casualty's airway by head tilt and chin lift, and position the casualty correctly for ventilation
- P18 check for breathing and remove any obstructions from the mouth
- P19 apply CPR in line with current practice

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### Knowledge and understanding

*You need to know and understand:*

- K1 how to recognise and assess the severity and extent of injuries
- K2 limitations and risks of applying First Aid to others
- K3 how to detect an obstructed airway and methods of clearing obstruction
- K4 how to check for signs of life and for life threatening conditions
- K5 methods of CPR and how to use this appropriately
- K6 how to manage an unconscious casualty and the main causes of unconsciousness
- K7 precautions to be taken when performing CPR
- K8 different types of wound and their treatment
- K9 methods for controlling bleeding
- K10 signs and symptoms of shock
- K11 the potential dangers of soft tissue and bone injuries and the requirement to minimise movement
- K12 potential problems caused by extremes of temperature
- K13 how to recognise and respond to local danger and risks when dealing with casualties

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