

## Junior First Aid Course

### Who is it for?

The Australian Lifesaving Academy NSW (ALA NSW) Junior First Aid (JFA) course is aimed at students in Years 4, 5 and 6, however content can be customised to suit other primary age students on request. The course has direct links to two key learning areas – Human Society and Its Environment (HSIE) and Personal Development, Health and Physical Education (PDHPE).

### Why is it important?

Research has shown that children as young as 5 years old can learn and effectively perform elements of CPR and basic life support.

### What will the students learn?

- What is first aid
- Why we do first aid, including the difference between a big accident and a little accident
- What is danger and how to identify common hazards around the home and school
- How to get help and what to expect when they call 000
- How to check for a response from an injured person
- How to place an unconscious person into recovery position and why it is important
- How to check for breathing and perform CPR

### What will the students receive?

- Current A4 ALANSW Resuscitation Chart
- ALA NSW Junior First Aid worksheet
- Fun colouring in worksheets

### When and where is the course delivered?

Courses are delivered at a time convenient to your school. We deliver the course on-site and bring all training resources.

### How long does the course run and how much does it cost?

The course runs for approximately 2 hours at a cost of \$10.00 (GST Free) per student for a minimum of 10 students.

