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# **Qualification Specification**

## **Highfield Level 3 International Award in First Aid at Work and Use of an AED with CPR for all ages**

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## Highfield Level 3 International Award in First Aid at Work and Use of an AED with CPR for all ages

### Introduction

This specification is designed to outline all you need to know to offer this qualification in your Centre. If you have any further questions, please contact your centre manager.

### Key Facts

<b>Recommended Duration:</b>	3 days (19 hours)
<b>Assessment Method:</b>	Practical assessment and multiple-choice theory assessment

### Qualification Overview

The objective of this qualification is to support learners to become first aiders in the workplace.

The qualification covers knowledge such as the roles and responsibilities of the first aider, how to assess an incident and recognising signs and symptoms of injury and illness. The qualification also covers first aid skills in cardiopulmonary resuscitation (CPR) and use of an automated external defibrillator (AED) and assisting a casualty who is suffering from major injury and illness such as chest injuries, spinal injuries, and anaphylaxis.

This qualification certificate is valid for a **period of 3 years**, after which learners are expected to **requalify**. In addition to this, it is recommended that learners refresh their knowledge annually.

**Important Note: Highfield International recommends that you contact the relevant Government Department in the country that you want to deliver this qualification, to ensure that local laws are being adhered to and that any additional approval requirements are followed. It may be that you are required to register as a training provider within the country itself. Highfield approves centres based on its own criteria but does not represent any other organisations or departments.**

### Entry Requirements

Centres are responsible for ensuring candidates can meet the necessary standard of language in which the course is being delivered. It is recommended that learners are a minimum of 14 years of age; however, centres will need to assure themselves that learners, whatever their age, are physically capable of completing the practical assessment.

### Delivery and Assessment Ratios

To effectively deliver and assess this qualification, centres **must** not exceed the ratio of 1 qualified tutor/assessor to a maximum of 12 candidates in any one instance.

### Guidance on Delivery

The total qualification time for this qualification is 18 hours. These hours can be split over several days.

### Use of blended learning

Centres can also use a blended learning approach. For blended learning, Highfield’s E-learning First Aid at Work course is flexible, accessible and can be completed in 4 to 5 hours. It can be used as part of a blended-learning approach which replaces 5 hours of the face-to-face training duration of the qualification.

When using the blended learning option, the following principles **must be** adhered to:

- The time taken to complete the full first aid course **should not** be reduced
- The practical content of the qualification **must be** delivered and assessed face-to-face

*Centres are strongly recommended to check Highfield e-learning completion for learners before the formal practical and knowledge assessment.*

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### Centre Requirements

To effectively deliver and assess this qualification, centres **must** have the following resources in place:

- 1 training defibrillator available for every 4 learners;
- 1 adult, 1 child and 1 infant resuscitation manikin between a maximum of 4 learners
- safety procedures in place for manikin faces (e.g. facilities to sterilise the manikin faces at the end of each course OR one disposable face shield per candidate OR manikin face wipes to be used after each candidate's demonstration)
- replacement airways and lungs for resuscitation manikins (changed at the end of each course)
- 1 disposable training dressing per candidate
- 1 pair of disposable gloves (not latex) per candidate
- 1 first aid kit
- a sling for fractures
- training rooms that have carpeted floors or mats/blankets provided for practical sessions
- adequate training and assessment facilities to accommodate learners on course; and
- a training room which is safe, has adequate ventilation, lighting sufficient for learners to read easily, and temperature suitable to maintain the comfort of learners for knowledge and practical training and assessment. It is also required that training rooms can cater for people with special needs (where appropriate).

*Optional requirement – It is best practice to include a choking manikin, a training auto-injector, for the purpose of teaching.*

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### Guidance on Assessment

The qualification is assessed using the Highfield assessment pack and is split into **two** component parts. Learners **must** achieve a pass in both the components, to pass the qualification.

- **Practical assessment:** This practical assessment is completed throughout the course delivery. This ongoing assessment requires learners to demonstrate practical first aid skills. The practical assessment will be recorded using the practical matrix within the Assessment Pack.
- **Centre-marked multiple-choice theory assessment:** Learners are required to answer a series of questions, using the multiple-choice exam papers, available to download from the members' area of the website **OR** assessors can use oral questioning. This is when the assessor would record the responses of learners on the **knowledge capture sheet**, also available in the download area.

The recording of the practical and theory assessment **outcomes** will be via the Assessment Pack, which is available to download from the Highfield website. Further guidance on assessments and use of the assessment pack is in the Tutor assessor pack, available in the members' area of the website.

The completed practical assessment pack **must be submitted** to Highfield for quality assurance checks and processing.

Centres must take all reasonable steps to avoid any part of the assessment of a learner (including any internal quality assurance and invigilation) being undertaken by any person who has a personal interest in the result of the assessment.

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### Guidance on Internal Quality Assurance

Highfield strongly recommends that centres have an internal quality assurance process and policy in place. Internal quality assurance (IQA) must be completed by an appropriately experienced person and that person must not have been involved in any aspect of the delivery or assessment of the course they are quality assuring. The IQA must:

- Meet the tutor requirements/have sufficient training and assessment experience in first aid;
- Check that the delivery and assessment is in line with the qualification requirements;
- Check that all assessment paperwork is completed accurately; and
- Ensure an audit trail is provided for internal quality assurance

Once complete, the assessment paperwork and IQA paperwork must be stored by the centre for a minimum period of 3 years to allow for quality assurance checks. Highfield will conduct external quality assurance engagements to support Centres in the effective implementation and on-going management of this qualification. For example, this could be conducted via Highfield sampling Centre paperwork or conducting support visits to Centres.

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### Tutor/Assessor Requirements

Highfield requires nominated tutors/assessors to:

- hold a valid **First Aid at Work (CPR all Ages)** certificate or other valid advanced first aid equivalents\* or current registration as a Doctor/Nurse/Paramedic\*\*. Highfield will consider other first aid/medical qualifications, and experience, on a case-by-case basis.
- hold a valid teaching/training/firstaid instructor certificate or have relevant experience deemed acceptable by Highfield.

*\*recognised First Aid at Work certificate equivalents that are not listed, must be submitted to Highfield with a comprehensive mapping. Please speak to your Account Manager for further information.*

*\*\*registered healthcare professionals must act within their scope of practice and therefore have current expertise in first aid to teach/assess the subject.*

***Tutors/assessors who have evidence of delivering a minimum of 30 hours of accredited formal training per year, in a first aid qualification, may requalify through completion of the qualification assessment only or a reduction in the learning hours, at the discretion of Highfield.***

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### Geographical Coverage

This qualification has been developed for learners outside of the UK.

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## Reasonable Adjustments and Special Considerations

Highfield Qualifications has measures in place for learners who require additional support. Reasonable adjustments such as additional time for the exam; assistance during the exam such as using a scribe or a reader, is available upon approval from Highfield. Please refer to Highfield Qualifications' Reasonable Adjustments Policy for further information/guidance on this.

[www.highfieldinternational.com/download](http://www.highfieldinternational.com/download)

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## ID Requirements

All learners must be instructed to bring photographic identification to the assessment to be checked by the assessor. The assessor must note the type of photo identification provided by each learner on the learner list document. Highfield will accept the following as proof of a learners' identity:

- National identity card (i.e. Emirates ID Card);
- Valid passport (any nationality);
- Signed photo card driving licence;
- Valid warrant card issued by police, local authority or equivalent; or
- Other photographic ID card, e.g. employee ID card (must be current employer), student ID card, travel card.

For more information on candidate ID requirements, please refer to the HABC Examination and Invigilation Regulations within the Core Manual.

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## Progression

Progression and further learning routes include:

- Highfield Level 3 International Award in First Aid response
- Highfield Level 3 International Award in Paediatric First Aid and Use of an AED

Highfield offers a range of qualifications to help candidates progress their careers and personal development. Please contact your centre manager for further information.

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## Useful Links

The following website are recommended to support centres in the delivery of this qualification:

- <https://www.highfieldinternational.com/download> (For First Aid Videos)
  - [www.highfieldproducts.com](http://www.highfieldproducts.com) (Highfield Products)
  - The Resuscitation Council (UK) [www.resus.org.uk](http://www.resus.org.uk)
  - Health and Safety Executive [www.hse.gov.uk](http://www.hse.gov.uk)
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## Recommended Training Materials

The following resources have been reviewed by Highfield and are recommended training materials for users of this qualification:

- Morley, J. & Sprenger, C. 'First Aid at Work' book. Highfield Products
  - Morley, J. & Sprenger, C. First Aid at Work Interactive Training Presentation. Highfield Products
  - The Complete First Aid Interactive Training package. Highfield Products
  - Morley, J. & Sprenger, C. (2016). BLS & AED Handbook. Highfield Products
  - Morley, J. & Sprenger, C. BLS & AED Training Presentation. Highfield Products
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**Appendix 1: Qualification Unit(s)**

**Unit Title:** International First Aid at Work and Use of an AED with CPR for all ages

**Level:** 3

**Recommended Duration:** 19 hrs

Learning Outcomes	Assessment Criteria
<i>The candidate will:</i>	<i>The candidate can:</i>
<b>1 Understand the role and responsibilities of a first aider</b>	1.1 Identify the role and responsibilities of a first aider 1.2 Identify how to minimise the risk of infection to yourself and <b>others</b> 1.3 Identify recommended first aid kit content requirement 1.4 Identify the need for consent to provide first aid
<b>2 Be able to assess an emergency situation safely</b>	2.1 Conduct a scene survey 2.2 Conduct a primary survey of a casualty 2.3 Summon appropriate assistance when necessary
<b>3 Be able to provide first aid to an unresponsive casualty</b>	3.1 Identify when to administer Cardiopulmonary Resuscitation (CPR) 3.2 Demonstrate adult, child and infant <b>CPR</b> using manikins 3.3 Identify when to place a casualty into the recovery position 3.4 Demonstrate how to place a casualty into the recovery position 3.5 Demonstrate continual monitoring of breathing whilst the casualty is in the recovery position 3.6 Identify how to administer first aid to a casualty who is experiencing a seizure
<b>4 Be able to provide first aid to a casualty who is choking</b>	4.1 Identify when a casualty is <b>choking</b> 4.2 Demonstrate how to administer first aid to an adult, a child and an infant who is choking
<b>5 Be able to provide first aid to a casualty with external bleeding</b>	5.1 Identify whether external bleeding is life threatening 5.2 Demonstrate how to administer first aid to a casualty with external bleeding
<b>6 Know how to provide first aid to a casualty who is suffering from shock</b>	6.1 Recognise when a casualty is suffering from <b>shock</b> 6.2 Identify who to administer first aid for a casualty who is suffering from shock
<b>7 Know how to provide first aid to a casualty with minor injuries</b>	7.1 Identify how to administer first aid to a casualty with: <ul style="list-style-type: none"> <li>• Small cuts</li> <li>• Grazes</li> <li>• Bruises</li> <li>• Small splinters</li> <li>• Nosebleeds</li> </ul> 7.2 Identify how to administer first aid to a casualty with

Learning Outcomes	Assessment Criteria
<i>The candidate will:</i>	<i>The candidate can:</i>
	minor burns and scalds
<b>8 Be able to conduct a secondary survey</b>	8.1 Identify the information to be collected when gathering a casualty history 8.2 Demonstrate how to conduct a <b>head-to-toe survey</b>
<b>9 Be able to provide first aid to a casualty with suspected injuries to bones, muscles and joints</b>	9.1 Recognise a suspected: <ul style="list-style-type: none"> <li>• Fracture or dislocation</li> <li>• Sprain and strain</li> </ul> 9.2 Identify how to administer first aid for a casualty with suspected: <ul style="list-style-type: none"> <li>• Fracture or dislocation</li> <li>• Sprain or strain</li> </ul> 9.3 Demonstrate how to apply: <ul style="list-style-type: none"> <li>• A support sling</li> <li>• An elevated sling</li> </ul>
<b>10 Be able to provide first aid to a casualty with suspected head and spinal injuries</b>	10.1 Recognise a suspected: <ul style="list-style-type: none"> <li>• <b>Head injury</b></li> <li>• spinal injury</li> </ul> 10.2 Identify how to administer first aid for a suspected head injury 10.3 Demonstrate how to administer first aid for a casualty with a suspected spinal injury
<b>11 Know how to provide first aid to a casualty with suspected chest injuries</b>	11.1 Identify how to administer first aid for suspected: <ul style="list-style-type: none"> <li>• Fracture ribs</li> <li>• Penetrating chest injury</li> </ul>
<b>12 Know how to provide first aid to a casualty with burns and scalds</b>	12.1 Identify how to recognise the severity of burns and scalds 12.2 Identify how to administer first aid for burns involving: <ul style="list-style-type: none"> <li>• Dry/wet heat</li> <li>• Chemicals</li> <li>• Electricity</li> </ul>
<b>13 Know how to provide first aid to a casualty with an eye injury</b>	13.1 Identify how to administer first aid for eye injuries involving: <ul style="list-style-type: none"> <li>• Dust</li> <li>• Chemicals</li> <li>• Embedded objects</li> </ul>
<b>14 Know how to provide first aid to a casualty with suspected poisoning</b>	14.1 Identify how poisonous substances can enter the body 14.2 Identify how to administer first aid to a casualty with suspected sudden poisoning

Learning Outcomes	Assessment Criteria
<i>The candidate will:</i>	<i>The candidate can:</i>
<b>15 Know how to administer first aid to a casualty with anaphylaxis</b>	15.1 Identify common triggers for anaphylaxis 15.2 Recognise signs and symptoms of anaphylaxis 15.3 Identify how to administer first aid for a casualty with suspected anaphylaxis
<b>16 Know how to provide first aid to a casualty with suspected major illness</b>	16.1 Recognise suspected: <ul style="list-style-type: none"> <li>• Heart attack</li> <li>• Stroke</li> <li>• Epileptic seizure</li> <li>• Asthma</li> <li>• Diabetes</li> </ul> 16.2 Identify how to administer first aid for a casualty suffering from: <ul style="list-style-type: none"> <li>• Heart attack</li> <li>• Stroke</li> <li>• Epileptic seizure</li> <li>• Asthma</li> <li>• Diabetes</li> </ul>
<b>17 Know how to safely use an automated external defibrillator (AED)</b>	17.1 Describe the differences between using an AED on an adult, child and infant 17.2 Identify safety considerations when using an automated external defibrillator 17.3 Demonstrate the correct placement of AED electrode pads on a manikin 17.4 Follow AED voice prompts accurately 17.5 Demonstrate how to combine the use of an automated external defibrillator with minimal interruptions in cardiopulmonary resuscitation using a manikin 17.6 Demonstrate the safe delivery of AED shock 17.7 State the procedures if the casualty shows signs of life and starts to breath normally 17.8 Identify the information required when handing over the casualty

**Amplification**

**The purpose of the indicative content is to provide an indication of the context for the assessment criteria. This is not intended to be exhaustive or set any absolute boundaries.**

1.1 Identification of the roles and responsibilities of a first aider may include:

- Preventing cross-infection
- Recording incidents and actions
- Safe use of available equipment
- Assessing an incident
- Summoning appropriate assistance
- Prioritising treatment

- Dealing with post-incident stress
- 1.2 Minimising the risk of infection may include:
- Personal Protective Equipment (PPE)
  - Hand hygiene
  - Disposal of contaminated waste
  - Using appropriate dressings
  - Barrier devices during rescue breaths
  - Covering own cuts
- Others** may include casualties, work colleagues or people within the workplace environment.
- 2.1 Conducting a scene survey may include:
- Checking for further danger
  - Identifying the number of casualties
  - Evaluating what happened
  - Prioritising treatment
  - Delegating tasks
- 2.2 The primary survey sequence may include:
- Danger
  - Response
  - Airway
  - Breathing
  - Circulation
- 2.3 Summoning appropriate assistance may include:
- Shouting for help
  - Calling emergency services via speakerphone or bystander
  - Leaving the casualty to call emergency services
- 3.1 Identifying when to administer CPR must include:
- When the casualty is unresponsive and
    - Not breathing
    - Not breathing normally/agonal breathing
- 3.2 Demonstrating CPR must include:
- For adults:**
- 30 chest compressions
    - Correct hand positioning
    - 5-6cm compression depth
    - 100-120 per minute
  - 2 rescue breaths
    - Correct rescue breath positioning
    - Blowing steadily into the mouth (about 1 sec to make chest rise)
    - Taking no longer than 10 seconds to deliver 2 breaths
  - AED (Defibrillator)
    - Correct placement of AED pads
    - Following AED instructions
- For child (age 1 to 18 years old) and infant (age under 1 year):**
- 5 initial rescue breaths
  - 30 chest compressions

- Correct hand positioning
- Compress at least one third of the chest's depth, (approximately 4 cm for infant, and 5 cm for child)
- 100-120 per minute
- 2 rescue breaths
  - Correct rescue breath positioning
  - Blowing steadily into the mouth (about 1 sec to make chest rise)
  - Taking no longer than 10 seconds to deliver 2 breaths
- AED (Defibrillator)
  - Correct placement of AED pads
  - Following AED instructions

**CPR – minimum demonstration time of 2 minutes at floor level**

May additionally include the use of rescue breath barrier devices

3.3 Identifying when to place the casualty into the recovery position should include when the casualty has lowered levels of response and:

- Does not need CPR
- Is breathing normally
- Is uninjured

An injured casualty may be placed in the recovery position if the airway is at risk (e.g. fluids in the airway or you need to leave the casualty to get help)

3.4 Placing a casualty into the recovery position may include:

- Placing in a position that maintains a stable, open, draining airway at floor level
- Continually monitoring airway and breathing
- Turning the casualty onto the opposite side every 30 minutes
- Placing heavily pregnant casualty on their left side

3.5 Continually monitoring airway and breathing includes:

- Continual checking for normal breathing to ensure that cardiac arrest can be identified immediately

3.6 Administering first aid to a casualty having a generalised seizure may include:

- Keeping the casualty safe (removing dangers)
- Noting the time and duration of the seizure
- Opening airway and checking breathing post seizure
- Determining when to call emergency services

4.1 Identifying mild choking may include recognising the casualty is able to:

- Speak
- Cough
- Cry (in case of child or infant)
- Breathe

Identifying severe choking may include recognising the casualty is:

- Unable to cough effectively
- Unable to speak (or cry, in case of child or infant)
- Unable or struggling to breathe
- In visible distress

- Unconscious

**Infant (age under 1 year) or a child (age 1 year to 18 years old):** the learner may apply their skills or knowledge to either an infant (baby) or a child first aid situation because the recognition would be the same.

4.2 Administering first aid for choking should include the following:

- Encouraging to cough
- Up to 5 back blows
- Up to 5 abdominal thrusts (chest thrusts for infants)
- Calling emergency services when required
- CPR if unconscious and no signs of breathing

5.1 Identifying the severity of arterial bleeding may include recognising the blood:

- Is under pressure
- Spurts in time with the heartbeat

Recognition that arterial bleeding is a life-threatening emergency

Identifying the severity of venous bleeding may include recognising the blood:

- Volume in veins is comparable to arteries
- Flow profusely from the wound

Recognition that venous bleeding is a life-threatening emergency

For context - identifying capillary bleeding may include recognising that blood trickles from the wound. Capillary bleeding is not a life-threatening emergency

5.2 Administering first aid for external bleeding may include:

- Maintaining aseptic technique
- Sitting or laying the casualty down
- Examining the wound
- Applying direct pressure onto (or into) the wound
- Dressing the wound

6.1 Shock: hypovolaemic shock (resulting from blood loss)

Hypovolaemic shock recognition may include:

- Pale, clammy skin
- Fast, shallow breathing
- Rise in pulse rate
- Cyanosis
- Dizziness/passing out when sitting or standing upright

6.2 Administering first aid for hypovolaemic shock may include:

- Treating the cause
- Casualty positioning
- Keeping the casualty warm
- Calling emergency services

7.1 Administering first aid for small cuts and grazes may include:

- Irrigation
- Dressing

Administering first aid for bruises may include:

- Cold compress for 10 minutes

Small splinter removal may include the following steps:

- Cleaning of area
- Remove with tweezers
- Dress

Administering first aid for a nosebleed may include:

- Sitting the casualty down, head tipped forwards
- Pinching the soft part of the nose
- Telling the casualty to breathe through their mouth

7.2 Administering first aid for minor burns and scalds may include:

- Cooling for 20 minutes
- Removing jewellery and loose clothing
- Covering the burn
- Determining when to seek advice

8.1 Information to be collected when gathering a casualty history may include:

- Signs and symptoms
- Event history
- Allergies
- Past medical history
- Last meal
- Medication

8.2 Performing a systematic check of the casualty may include:

- Head and neck
- Shoulders and chest
- Abdomen
- Legs and arms

Head to toe survey: must be conducted on a casualty with a continually monitored or protected airway (e.g. a conscious casualty or a casualty placed in the recovery position).

9.1 Recognising fractures, dislocations, sprains and strains may include:

- Pain
- Loss of power
- Unnatural movement
- Swelling or bruising
- Deformity
- Irregularity
- Crepitus
- Tenderness

9.2 Administering first aid for fractures and dislocations may include:

- Immobilising/keeping the injury still
- Calling emergency services, or
- Arranging transport to hospital

Administering first aid for sprains and strains may include:

- Rest

- Ice
- Compression/comfortable support
- Elevation

9.3 Demonstrating the application of a sling must include:

- A support sling
- An elevated sling

10.1 Recognising concussion, compression and fractured skull may include:

- Mechanism of injury
- Signs and symptoms
- Conscious levels

Recognising spinal injury may include:

- Mechanism of injury
- Pain or tenderness in the neck or back

Head injury: includes concussion, compression and skull fracture. The learner is not expected to differentiate between these conditions.

10.2 Administering first aid for a head injury may include:

- Determining when to call emergency services
- Maintaining airway and breathing
- Monitoring response levels
- Dealing with fluid loss

10.3 Administering first aid for spinal injuries may include:

- Calling emergency services
- Keeping the head and neck in-line
- Safe method(s) of placing the casualty into a recovery position whilst protecting the spine (if the airway is at risk).

11.1 Administering first aid for suspected rib fracture may include:

- Calling emergency services
- Casualty positioning
- Supporting the injury

Administering first aid for a penetrating chest injury may include:

- Calling emergency services
- Casualty positioning
- Controlling bleeding around the wound (without covering the wound)
- Leaving a sucking chest wound open to fresh air

12.1 Recognising the severity of burns and scalds may include:

- Cause
- Age
- Burn/scald size
- Depth
- Location

12.2 Administering first aid for dry/wet heat burns may include:

- Cooling the burn
- Removing jewellery and loose clothing
- Covering the burn
- Determining when to call emergency services

Administering first aid for chemical burns may include:

- Ensuring safety
- Brushing away dry/powder chemicals

- Irrigating with copious amounts of water (unless contra-indicated)
- Treating the face/eyes as a priority

Administering first aid for electrical burns may include

- Ensuring it is safe to approach/touch the casualty
- Checking DRABC and treating accordingly
- Cooling the burns

13.1 Administering first aid for dust in the eye may include:

- Irrigation with clean water
- Ensuring the water runs away from the good eye

Administering first aid for a chemical in the eye may include:

- Irrigation with large volumes of clean water (unless contra-indicated due to the chemical involved)
- Ensuring the water runs away from the good eye
- Calling emergency services

Administering first aid for an embedded object in the eye may include:

- Covering the injured eye
- Ensuring the good eye is not used (cover if needed)
- Calling emergency services or arranging transport to the hospital

14.1 Identification of the following routes a poison can enter the body may include:

- Ingested (swallowed)
- Inhalation (breathed in)
- Absorbed (through the skin;)
- Injected (directly into skin tissue, muscles or blood vessels; through bites and stings)

14.2 Administering first aid for **corrosive** substances may include:

- Ensuring your own safety
- Substances on the skin – diluting and washing away with water
- Swallowed substances – rinsing out the mouth then giving frequent sips of milk or water (subject to sufficient levels of response)
- Calling emergency services and giving information about the poison if possible
- Protecting airway and breathing
- Resuscitation if necessary using PPE/Barrier devices

Administering first aid for **non-corrosive** substances may include:

- Ensuring your own safety
- Calling emergency services, and giving information about the poison if possible
- Protecting airway and breathing
- Resuscitation if necessary using PPE/barrier devices

15.2 Signs and Symptoms: Recognising anaphylaxis may include rapid onset and rapid progression of a life-threatening airway, breathing and circulation problem:

- Airway – Swelling of the tongue, lips or throat
- Breathing – Difficult, wheezy breathing or tight chest
- Circulation -
  - Dizziness, feeling faint or passing out
  - Pale, cold clammy skin and fast pulse
  - Nausea, vomiting, stomach cramps or diarrhoea

There may also be a skin rash, swelling and/or flushing.

15.3 Identify how to administer first aid for anaphylaxis:

- Calling emergency services
- Correct casualty positioning
- Assisting to use their adrenaline auto-injector
- Resuscitation if required

16.1

Recognising a **heart attack** may include:

- Sudden onset
- Crushing chest pain
- Skin appearance (e.g. pale, grey, sweaty)
- Variable pulse
- Shortness of breath

Recognising **stroke** may include performing the FAST test:

F: Face

A: Arms

S: Speech

T: Time to call emergency services

Other stroke symptoms include sudden problems with balance, walking, dizziness, coordination, vision and severe headache.

Recognising an **epileptic seizure** may include the following patterns:

- Aura
- Tonic phase
- Clonic phase
- Recovery phase

Recognising an **asthma** attack may include:

- Difficulty breathing and speaking
- Wheezy breathing
- Pale and clammy skin
- Cyanosis
- Use of accessory muscles

Recognising a **diabetic hypoglycaemic** emergency may include:

- Fast onset
- Lowered levels of response
- Pale, cold and sweaty skin
- Normal or shallow breathing
- Rapid pulse

16.2

Administering first aid for a **heart attack** may include:

- Correct casualty positioning
- Calling emergency services
- Calming and reassurance
- Assisting to take an aspirin if indicated

Administering first aid for a **stroke** may include:

- Maintain airway and breathing
- Correct casualty positioning
- Calling emergency services

Administering first aid for an **epileptic seizure** may include:

- Removing dangers and safely protecting the head
- Noting the time and duration of the seizure
- Loosening tight clothing around the neck
- Determining when to call emergency services
- Post seizure care, including monitoring of airway and breathing

Administering first aid for an **asthma attack** may include:

- Correct casualty positioning
- Assisting a casualty to take their reliever inhaler and use a spacer device
- Calming and reassurance
- Determining when to call emergency services

Administering first aid for a **diabetic hypoglycaemic** emergency may include:

- Advise the casualty to take glucose (for conscious casualties, subject to sufficient response levels)
- Providing further food or drink if casualty responds to glucose quickly
- Determining when to call emergency services