

Paediatric First Aid: course programme

Qualsafe Level 3 Award in Paediatric First Aid (RQF) · Two days face to face, 09:00 to 17:00 each day



This programme shows what happens on each day of the two-day course. Day one covers emergency paediatric first aid (Unit 1). Day two covers managing paediatric illness, injuries and emergencies (Unit 2). Short demonstrations are followed by hands-on practice on infant and child manikins.

Format	Two days face to face, 09:00 to 17:00 each day
Qualification	Qualsafe Level 3 Award in Paediatric First Aid (RQF), qualification number 603/0785/7
Training centre	PLAB Guide Training Centre, Qualsafe Awards Approved Centre No. 908553
Venue	Second Floor, 308 Moseley Road, Levenshulme, Manchester M19 2LH. The training rooms are on the second floor and can be reached by stairs only.
Assessment	Seven practical assessments observed by your trainer and two multiple-choice theory papers, all taken face to face
Certificate	Valid for three years. Qualsafe recommends annual refresher training.
Bring	Photo ID in the same name as your booking. Wear comfortable clothing and flat shoes: you will kneel and practise CPR at floor level.
Contact	firstaid@plabguide.co.uk · 0161 564 6162 · 07447 183842

Day one: emergency paediatric first aid

Time	Session	What happens
09:00	Welcome and introductions	Course outline, health and safety, photo ID check, Learner Agreement
09:15	Role of the paediatric first aider	Responsibilities, infant and child age ranges, infection control, incident records, PPE
09:25	Incident and casualty assessment	Scene survey, primary survey and calling for help
09:50	CPR and AED	Trainer demonstration and explanation
10:20	Break	
10:35	Unresponsive infant and child not breathing normally	Infant and child CPR with an AED, including two practical assessments
11:35	Choking	Severe choking in infants and children, with practical assessment
12:05	Lunch	
12:35	Unresponsive infant and child breathing normally	Recovery position and management of a seizure, with practical assessment
13:05	External bleeding and shock	Life-threatening bleeding and hypovolaemic shock, with practical assessment
14:45	Minor injuries	Bites, stings, cuts, grazes, bumps, bruises, splinters and nosebleeds
15:15	Break	
15:30	Theory assessment	Unit 1 multiple-choice paper; close of day one

Day two: managing paediatric illness, injuries and emergencies

Time	Session	What happens
09:00	Recap	
09:10	Fractures, dislocations, sprains and strains	Recognition, treatment and slings, with practical assessment
10:10	Head and spinal injuries	Recognition and treatment, including jaw thrust and manual in-line stabilisation
11:10	Break	
11:25	Eyes, ears and nose	Recognition and treatment
11:35	Medical conditions and sudden illness	Diabetes, asthma, meningitis and febrile convulsions
13:05	Lunch	
13:35	Extremes of body temperature	Recognition and treatment of heat and cold
14:00	Electric shock	Dangers, management and treatment
14:10	Burns and scalds	Types, recognition and treatment
14:40	Poisoning	Types, recognition and treatment
14:55	Break	
15:10	Allergic reaction and anaphylaxis	Recognition, treatment and adrenaline auto-injector use, with practical assessment
15:40	Theory assessment	Unit 2 multiple-choice paper; course evaluation and close