

First Aid – Schools PSHE Briefing

School PSHE Briefing

This Briefing is designed to support school staff and other professionals to deliver key messages to young people about First Aid and Resuscitation as part of the PSHE curriculum.

Where relevant age appropriate messaging and resources are highlighted and additional signposting to resources for SEND.

If you do not wish to receive these briefings please let me know:

sharon.smith@barnet.gov.uk



Teaching First Aid as part of PSHE

Since 2020, all state-funded schools in England must include basic first aid and CPR training as part of the curriculum. First Aid may also be taught as part of the Science Curriculum. The first aid training will vary depending on the age of the students.

Primary school students will be taught:

- Basic first aid skills for common injuries, including head injuries.
- How to contact emergency services.

Secondary school students will be taught:

- Basic first aid for common injuries and illnesses.
- Important life-saving skills, such as how to perform CPR.
- When and how to use a defibrillator.



[Personal, social, health and economic \(PSHE\) education - GOV.UK \(www.gov.uk\)](https://www.gov.uk)

First aid education can be delivered by teachers to all children. Some schools may choose to have additional input from first aid professionals and consider other opportunities to extend this education, for example through school clubs.

For more support on planning your PSHE curriculum please refer to the Health Education Partnership (HEP) PSHE framework for either Primary or Secondary schools.

[.PSHE – Health Education Partnership](#)

Further advice on PSHE and to join the Barnet Primary or Secondary school PSHE leads networks contact :

Andrew Pembroke HEP :

Andrew.pembroke@healtheducationpartnership.com

Importance of Teaching First Aid

First aid is the first and immediate assistance given to any person with either a minor or serious illness or injury, with care provided to preserve life, prevent the condition from worsening, or to promote recovery. **Teaching first aid in schools could help to save thousands of lives.** Below are some statistics relating to first aid:

- A **quarter** of young people have had to deal with asthma attacks and a third of young people have had to deal with a head injury, even if they have had no first aid training. [First Aid for Life](#) found that in these situations, 44% of young people said they panicked and 46% said they did not know what to do.
- [The British Red Cross](#) stated that up to 59% of deaths from injuries could have been prevented, had first aid been carried out.
- The British Red Cross also stated that knowledge of first aid training could reduce the number of visits to Accident & Emergency (A&E) departments and relieve some of the pressure on the NHS.

Teaching first aid to students can not only keep them and their peers safer in school, but it can also help them to promote recovery, prevent the situation from worsening and preserve life out of school.

Teaching first aid to children and young people will mean that as they grow into adults, they will understand risk and safety as well as be confident to respond to incidents.

Teachers First Aid Training

First aid can be taught to students by a trained first aider and there are a number of organisations and private companies that can be bought in to do this.

Staff can obtain workforce first aid training from a range of providers including:

[Workplace First Aid Training Courses | St John Ambulance \(sja.org.uk\)](#)

Teachers need to be familiar with the policies and protocols in your school before delivering a session and to ensure children and young people feel safe, supported and included in their learning. Each school will have its own safeguarding, child protection, confidentiality and other relevant policies, as well as knowing the particular needs or backgrounds of your learners who may need extra support, including the protocols that work best for them.

School nurses provide a key health resource for your school contact [Barnet School Nursing Solutions4Health](#).

If you are a community school or have signed up to the SHaW Traded Services you can access further guidance at [Barnet School's H&S SharePoint site - Home](#)

Or contact SHaW@barnet.gov.uk for further information on traded services.



Other guidance:

[Automated external defibrillators \(AEDs\) in schools - GOV.UK \(www.gov.uk\)](#)

[First aid in schools, early years and further education - GOV.UK \(www.gov.uk\)](#)

[Health and Safety \(First Aid\) Regulations 1981](#)

[Health and Safety at Work etc. Act 1974 and associated regulations](#)

[School Premises \(England\) Regulations 2012](#)

[Education \(Independent School Standards\) Regulations 2014](#)

[The NHS website - NHS \(www.nhs.uk\)](#) Health A-Z and Medicines A-Z

CPR



CPR stands for cardiopulmonary resuscitation. It combines chest compressions and rescue breaths to give a person the best chance of survival following a cardiac arrest. In England, teaching cardiopulmonary resuscitation (CPR) is part of the PSHE curriculum for secondary school students and is recommended for students aged 12+. Pupils should know lifesaving skills, including how to administer CPR, the purpose of defibrillators and when one might be needed.

[Automated external defibrillators \(AEDs\) in schools - GOV.UK \(www.gov.uk\)](http://www.gov.uk)

Teaching CPR resources:

[CPR in Schools | Resuscitation Council UK](#)

[First Aid : CPR PSHE | Teaching Resources \(tes.com\)](#)

First Aid, CPR and Life-Saving Help - an hour long, fully-resourced, detailed and differentiated PSHE lesson,

[Home - Resuscitation Council UK](#)

Life saver products include action-packed scenarios, you'll be thrown into the heart of the action as you make the crucial decisions and learn the essential skills needed to save a life– includes interactive game app

[CPR training for schools - apply for a free CPR kit and train your students BHF - BHF](#) also video on how to do hands only CPR.

[Schools CPR training - find school - BHF](#) secondary schools may be eligible for free Call Push Rescue Schools training kit .

Videos that can be used as a teaching tool:

[How to do CPR on an adult | St John Ambulance \(sja.org.uk\)](#)

[Lifesaver learning | Resuscitation Council UK](#)

Teaching safety and Risk

Adopting a whole school approach to safety and risk education means your curriculum, health and safety policies and practice will support you in developing a culture where pupils, staff and visitors benefit from challenging and stimulating learning experiences while staying as safe as necessary.

There are more resources to help you develop a whole school approach in [Teaching Resources](#).

The concept of risk underpins all aspects of PSHE education, including safety education. While safety education prepares children and young people for specific situations, risk education prepares them for unanticipated or unknown situations, where they may have had no specific instruction or learning opportunity.

Whether we are considering drug education, sexual health or road safety, children and young people are being asked to recognise what can cause harm (hazards), assess risk (the probability of harm) and explain how to control risks to themselves and others in familiar and unfamiliar environments. Good practice in safety education requires us to "teach safety" AND "teach safely". However, research by the [Health and Safety Laboratory](#) suggests that teachers focus more on "teaching safety" and less on helping their pupils and students gain understanding of risk or experience of the risk assessment process as described in the general teaching requirement - www.hse.gov.uk/education/qca.htm.

Teaching safety resources and guidance: [School and college safety - RoSPA](#)

[Whole school approach to safety and risk education - RoSPA](#)

[Teaching Safety - RoSPA](#)

Teaching safety

Fig 9. How young people learn about risk



Source: RoSPA 2012

First Aid teaching guidance and resources

- [Health Education Partnership](#): offer a PSHE framework and directory of PSHE resources for Primary and Secondary schools

- [Teacher training: basic first aid - GOV.UK \(www.gov.uk\)](#) Module contains key information and facts about what to teach.

- [Educator zone \(redcross.org.uk\)](#)

Teaching resources:

- [First Aid Training Courses for School Kids | St John Ambulance \(sja.org.uk\)](#)

Free on line lesson plans and teaching resources for Key Stage 2, Key Stage 3, and Key Stage 4. our lessons link closely with the national curriculum, in particular science. This should help you decide where to include first aid lessons within your curriculum plan.

- [Resources landing \(pshe-association.org.uk\)](#) signposts to St Johns Ambulance and Heart Foundation CPR free teaching resources

- [Learn basic first aid - teaching resources | First aid champions \(redcross.org.uk\)](#)

- [Home | Resuscitation Council UK](#)

- [First aid course for members of the public | Red Cross Training \(redcrossfirstaidtraining.co.uk\)](#)-

For ages 16 and over understanding for the particular year groups wishing to be trained.

- [Dr Emeka's Essential First Aid - BBC Teach](#)

A series of short films presented by Dr Emeka Okorochoa which explore some key skills for administering first aid. KS2/KS3

- [Free Resources for Schools and Home Schooling - Online First Aid](#)

Lesson plans videos and posters

- [First Aid for Children in School - First Aid for Life](#)— teaching resources including for SEND

- [Free Kids Activity Sheets - Daisy First Aid](#)

- [First Aid Training Resources - First Aid for Free](#)

- [First Aid for Stabbings - how to help - First Aid for Life](#)

- [How to help someone who's been stabbed \(redcross.org.uk\)](#)

First Aid and SEND

All pupils will need to access and practise the core knowledge, and therefore, using your expertise, you will need to adapt and plan as required for your learners. You might want to link lesson outcomes with statutory 'preparing for adulthood' outcomes for those with an education, health and care (EHC) plan (See [SEND code of practice](#), section 8).



STATUTORY GUIDANCE

In special schools and for some SEND pupils in mainstream schools there may be a need to tailor content and teaching to meet the specific needs of pupils at different developmental stages. As with all teaching for these subjects, schools should ensure that their teaching is sensitive, age-appropriate, developmentally appropriate and delivered with reference to the law. (p15)

[PSHE education for pupils with SEND \(pshe-association.org.uk\)](#)

[First Aid for Children in School - First Aid for Life](#)

First Aid School Clubs

- [First Aid School Club - First Aid in Schools | St John Ambulance \(sja.org.uk\)](#)

Setting up a school first aid club is a great way for students and staff to come together to raise awareness of the importance of first aid and learn life saving skills.

Safeguarding

Safeguarding means protecting a child's right to live in safety, free from abuse and neglect.

It involves working together to support children and young people to make decisions about the risks they face in their own lives, which teaching PHSE in schools directly supports and also protecting those who lack the capacity to make these decisions.

If you are concerned about the safeguarding of a child contact your normal Safeguarding link within your school. For general information and support on safeguarding contact Liam Foote, School Safeguarding Lead

Liam.foote@barnet.gov.uk