



Mini Medics (save a life with your hands)

Mini Medics – 1/2 day

Course Time: 10-2

Mini Medics can fit in with your timings and can run up to 3/4 hours.

Course Location: This course is usually delivered on your premises as it is for your children. However Mini Medics is also taught as a community activity.

Course Dates: For availability and upcoming dates please contact us.

Course Description

Mini Medics teaches children about the importance of first aid. It shows them how to apply the techniques in a real-life situation. This course enables children to remain calm in the event of an emergency, and save a life with their hands.

The course gets children engaged and having fun whilst learning basic life-saving skills.

The course is educational, yet interactive and involves many practical activities all taught with no confusing jargon. As a result, children can stay engaged whilst learning.

Course Contents

Children will learn the basics of first aid from CPR to the Recovery Position.

The course content is inclusive of:

Contents of a first aid kit

The importance of safety in first aid

Talking to a casualty

Contacting the emergency services

What to do in a first aid situation (DR ABCD)

CPR

The Recovery Position

Abdominal thrusts and back blows (Choking)

Asthma

Wounds and bleeding

Shock

Who is the Mini Medics course suited to?

Mini Medics is ideal for children aged 6-11. However this course can be tailored to different age groups.

The course is ideal for:

Primary and secondary schools

Afterschool clubs

Cubs/scouts/brownies

Summer programmes

Sports clubs

Churches

There are two options to undertaking this course:

Option 1;

Full course which includes;

30 Page fully illustrated first aid booklet

Printed Mini Medics certificate

Blue or red syringe pen

Mini Medics worksheet with activities such as a crossword and word search

I'm a Mini Medic Taking Positive Steps T-shirt

Option 2;

Mini Medics first aid course with certificate