

STA International First Aid

Course Overview and Assessment



Introduction

This unregulated course trains learners in CPR techniques, first aid and dealing with first aid emergencies. This course is aimed at people who would like to become a first aider.

In order to attend the course, learners must:

- Be 16 years old at the time of the assessment
- Be able to kneel on the floor to demonstrate CPR.

On successful completion of the course, learners will be issued with a STA International First Aid Certificate.

Course Overview

The course can be delivered over a period of weeks or over consecutive days. The recommended delivery hours are 21 hours / 3 days, this does not include breaks.

There is a maximum of 16 learners to 1 tutor.

Learners are required to undertake CPR and First Aid techniques therefore, access to resuscitation manikins and first aid supplies is essential.

Equipment requirements

- STA International First Aid E-Manual. Each learner is required to have their own copy of the manual to have access to theoretical and practical knowledge
- Resuscitation manikins:
 - Adult manikins at a ratio of 1:4
 - Resuscitation pocket masks.
- First aid equipment:
 - Bandages and slings or the STA first aid training pack at a ratio of 1:1.
- STA International First Aid PowerPoint and supporting resources.

On successful completion of the course

Learners will:

Be able to perform cardiopulmonary resuscitation for an adult sudden collapse casualty

Be able to perform first aid for an unconscious casualty including the recovery position and aftercare

Be able to administer first aid for a range of injuries including choking, bleeding, burns, muscle and bone injuries

Be able to administer first aid for a range of conditions including heart attack, stroke, shock, diabetes and seizures

Be able to respond to and manage an emergency situation

Understand the role and responsibilities of a first aider

Assessment Information

In order to pass the course, learners will be assessed on their theoretical knowledge, CPR skills and first aid skills.

This course is assessed by the course tutor.

Theoretical Assessment

Learners must correctly answer 10 verbal questions. Tutors will have a set list of questions, the 10-question list must be selected at random. Each learner should be given a different set of questions where possible.

Practical Assessment

Throughout the course learners will undertake practical CPR and first aid before undertaking the final assessment to determine their competency.

Learners are required undertake a CPR assessment and first aid skills assessment on the final day of the course. Learners must complete the assessment activities without prompting or guidance from the tutor and all procedures must be completed in line with the STA International First Aid manual in order for the learner to be deemed competent.

CPR assessment

Learners must individually demonstrate effective CPR on an adult sudden collapse casualty. Learners must follow all stated procedures and perform CPR for at least 2 mins in order to be deemed competent and pass the assessment. Learners must also demonstrate the correct procedures for an unresponsive casualty. Learners must follow all stated procedures in order to be deemed competent and pass the assessment.

First Aid assessment

During the final first aid assessment learners must individually demonstrate:

- Administering first aid to a casualty who is choking
- Controlling an external bleed
- Dealing with a first aid incident scenario.

Re-assessment

If a learner is unsuccessful in the end of course assessment, then the learner is only required to re-sit the required element i.e. if a learner fails the verbal questions, they are only required to re-take the verbal questions.

Please note, if a learner fails the verbal questions, the re-take verbal questions must be a new set. Learners are not permitted to re-take their original question set.

The re-take of the verbal questions or a practical assessment must be completed within six weeks from the failure date. All retakes must be registered.