

THE DUKE OF EDINBURGH'S AWARD (DofE) AND ST JOHN AMBULANCE

A toolkit for using first aid from St John Ambulance for your DofE participant's skill section.

Thank you for choosing to train the very important subject of first aid to your participants for the skills section of their DofE award. St John Ambulance teaches people first aid so they can be the difference between life and death and that is where you can help.

The Skills section is all about developing practical and social skills and personal interests. By choosing to develop a particular skill your participants are not only developing a new talent but they will also boost their self-esteem, develop practical and social skills and learn how to set and rise to a challenge. If this isn't enough, it should also be good fun too!

The first aid DofE toolkit from St John Ambulance will give you everything you need to teach lifesaving skills to your participants at their pace as part of their DofE award. You will find suggested activities, worksheets and activities to put together your own schedule of activity to help meet the aim of their DofE section. This course can be delivered by DofE leaders who have a current first aid qualification. The qualification must cover all of the topics included in the course

TIMESCALES

Each session should last for on average 1 hour a week for the minimum times suggested below. This pack is specifically designed for the Bronze award but can be extended for Silver and Gold.

Level	Minimum time	Notes
Bronze	3 to 6 months	You need to do one of your Volunteering, Physical or Skills sections for 6 months, the others for 3.
Silver	6 to 12 months	You need to do either the Physical or Skills section for 6 months, the other for 3. If you haven't achieved Bronze you must extend your Volunteering or the longer of your Physical or Skills sections to 12 months.
Gold	6 to 18 months	You need to do either the Physical or Skills section for 12 months, the other for 6. If you haven't achieved Silver you must extend your Volunteering or the longer of your Physical or Skills sections to 18 months.

ACTIVITY

The following example demonstrates how the first aid toolkit can be used alongside other relevant resources to create a 3 month programme. This is an example only and may not be appropriate for all young people. For example you may decide to hold the session every 2 weeks but for 2 hours. The programme developed should be relevant and appropriate to your participants and can include many other different activities.

As you go through the programme ensure your participants are gathering evidence to upload into eDofE. For example they could upload photos of them practicing to treat a patient, photos of completed worksheets, certificates, write ups of what they have learnt etc.

Week 1	Coping in an emergency – keeping safe, emergency call First aid kit
Week 2	Primary survey Unresponsive casualty – recovery position
Week 3	Spinal injury Asthma
Week 4	Severe allergic reaction Choking
Week 5	Minor bleeding Severe bleeding Shock
Week 6	Bites and stings Foreign objects
Week 7	Burns and scalds Poisons
Week 8	Recap primary survey and recovery position Fainting Seizures
Week 9	Head injuries Chest pain
Week 10	Recap primary survey Resuscitation
Week 11	Extremes of temperature Low blood sugar
Week 12	Bone, Muscle and Joint Injuries
Week 13	Recap

Through learning first aid your young people will develop a range of character traits, attributes and behaviours including confidence, perseverance, motivation, drive and ambition, which help underpin success in education and employment.

First aid is easy to learn and it gives young people something amazing: the confidence to do the right thing when it really counts. With first aid training, anyone can be the difference between life and death.

For more information and support please contact DofE@sja.org.uk