

### Key stage 3

#### PSHE: Personal wellbeing

- 3g - Ways of recognising and reducing risk, minimising harm and getting help in emergency and risky situations
- 3h - Knowledge of basic first aid.

#### Science

- 2.1b - Practical and enquiry skills: assessing risk and working safely in the laboratory, field and workplace
- 3.3a - Organisms, behaviour and health: conception, growth, development, behaviour and health can be affected by diet, drugs and disease.

#### Physical education

- 2.2d - Recognising hazards and making decisions about how to control any risks to themselves and others.

### Key stage 4

#### PSHE: Personal wellbeing

- 2.2a - Using knowledge and understanding to make informed choices about safety, health and wellbeing, evaluating personal choices and making changes if necessary
- 2.2c - Assessing and managing risk in personal choices and situations, minimising harm in risky situations and demonstrating how to help others to do so
- 3e - Where and how to obtain health information: how to recognise and follow health and safety procedures; ways of reducing risk and minimising harm in risky situations; how to find sources of emergency help; how to use basic and emergency first aid.

#### Physical Education

- 2.2d - Organising and managing the environment they are working in to ensure the health, safety and wellbeing of themselves and others.

#### Science

- 5e - Organisms and Health: human health is affected by a range of environmental and inherited factors, by the use and misuse of drugs and by medical treatment.

If you have an interest in the work shops and packages please contact  
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Tel 01422 648 864 Email [info@flatstan-firstaid.co.uk](mailto:info@flatstan-firstaid.co.uk)

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# FLATSTAN FIRST AID



Flat Stan First Aid Workshops

Flat Stan manikins and the Flat Stan workshops have been developed to allow first aid skills to be taught to young children from the age of 4 years to 11 years.

These life skills are delivered nationally by our team of experienced trainers in a new, fun and enriching way at your school, sports club, children's group and at children's parties.

## How first aid and health and safety fits into the curriculum

Teaching your students first aid enables you to meet a range of National Curriculum requirements and equips them with life saving skills they can use to help others in school and for the rest of their lives.

### Early Years Foundation Stage

#### Early learning goals:

Personal, social and emotional development  
Communication, language and literacy  
Problem solving  
Physical development

### Did you know first aid training fits in to the school curriculum, particularly Early Years Foundation, Key Stage 1, Key Stage 2 and Key Stage 3?

The workshops will provide the children with the skills and knowledge to recognise a variety of first aid situations and how to deal with them and summon help.

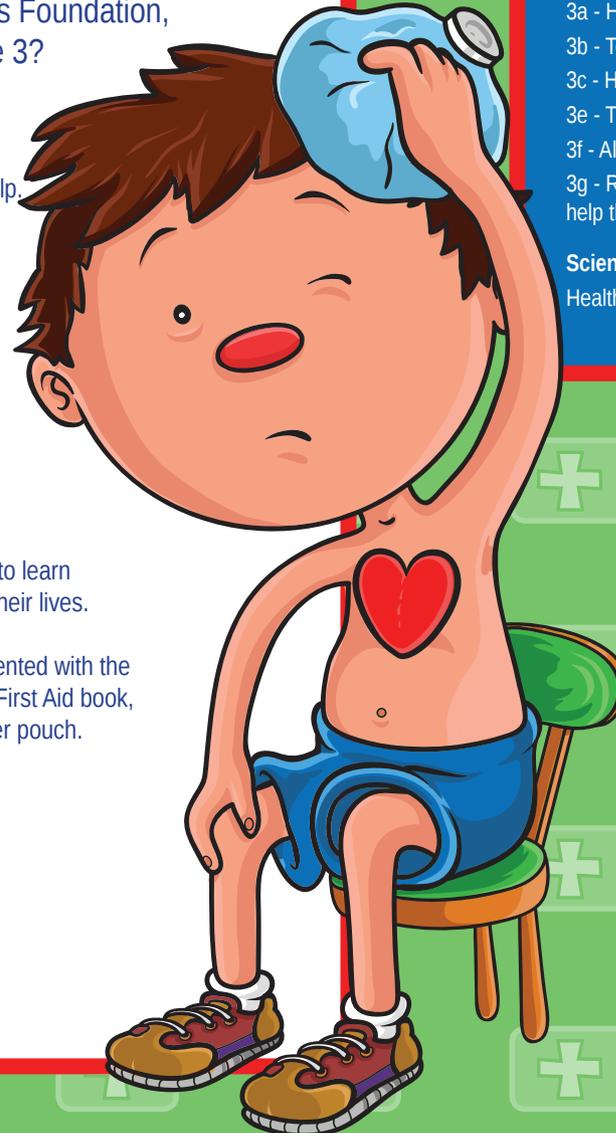
The Flat Stan manikins have been designed so they are attractive to young children with a friendly face and soft body. They give children confidence when being shown how and when to summon help, how to check if someone is breathing, how to deliver chest compressions, how to help someone who is choking, bleeding or have suffered a burn.

Young children are capable of helping someone in an emergency situation if they are given the opportunity to learn and develop skills which they can use for the rest of their lives.

Every child's attendance is recognised by being presented with the Flat Stan Achievement pack. This includes Flat Stan First Aid book, Flat Stan certificate, Flat Stan sticker, Flat Stan plaster pouch.

The Course aims to cover:

- What is first aid and who can deliver first aid
- When and how to get help
- How to check if someone is responsive
- What to do if you think a casualty is not breathing
- The choking casualty
- What to do if someone is bleeding



### Key stage 1

#### PSHE/Citizenship

- 3a - How to make simple choices that improve health and wellbeing
- 3b - To maintain personal hygiene
- 3c - How some diseases spread and can be controlled
- 3e - The names of the main parts of the body
- 3f - All household products, including medicines, can be harmful if not used properly
- 3g - Rules for, and ways of, keeping safe, including basic road safety, and about people who can help them to stay safe.

#### Science

Health and safety.

### Key stage 2

#### PSHE/Citizenship

- 3b - That bacteria and viruses can affect health and that following simple, safe routines can reduce their spread
- 3d - Which commonly available substances and drugs are legal and illegal, their effects and risks
- 3e - Recognising risks in different situations and deciding how to behave responsibly, including sensible road use, and judging what kind of physical contact is acceptable or unacceptable
- 3g - School rules about health and safety, basic emergency aid procedures and where to get help.

#### Science

S c2 2c - Circulation: the heart acts as a pump to circulate the blood through vessels around the body, including through the lungs  
Sc2 2e - Movement: humans and some other animals have skeletons and muscles to support and protect their bodies and help them to move  
Sc2 2g - Health: the effects on the human body of tobacco, alcohol and other drugs, and how these relate to personal health  
Health and safety: recognising that there are hazards in living things, materials and physical processes. Assessing risks and taking action to reduce risks to themselves and others.

#### Physical Education

4d - Why wearing appropriate clothing and being hygienic is good for their health and safety.