

Combined F-POS(I) MIRA and Paediatric Level 3

**The Combined Discounted Course Information File:**

**We may use different awarding bodies or course with slightly different names which are exactly the same content**

**FPOS-I** also known as *First Person On Scene - Intermediate*, has been designed to equip learners with the skills, knowledge and confidence to help a person in a life threatening situation.

FPOS is designed for those who are likely to be first on the scene of an emergency incident when a person's life is in danger, such as community responders, fire and police personnel, industrial first aiders and those who want to achieve more than First Aid.

This qualification has been developed with the NHS Ambulance Services and is clinically endorsed by the Faculty of Pre-Hospital Care. FPOS also meets the Security Industry Authority first aid requirements for Close Protection Operatives

**Course Length** 4 days Standalone

**Assessment** - Multiple choice exam & practical assessment

**Certification** - Certificate valid for 3 years, Nationally recognised Awarding Body

**THE PRE-HOSPITAL ENVIRONMENT**

- The Role of the FPOS
- Scene Management
- Safety
- Triage
- Minimising the Risk of Infection
- Post-incident Procedures

**PATIENT ASSESSMENT**

- Communicating with Patients
- Primary Survey and Assessment
- Safe Moving and Handling

**AIRWAY MANAGEMENT**

- Basic Airway Management
- Causes of a Blocked Airway
- Opening and Maintaining a Clear Airway
- Choking
- Use of Suction
- Removal of Crash Helmets
- Use of oropharyngeal Airways

**RESPIRATION AND VENTILATION**

- Recognition of Respiratory Problems
- Common Breathing Difficulties
- Asthma
- Hyperventilation
- Oxygen Supplementation
- Mechanical
- Bag/valve/mask
- Ventilation Support

**BASIC LIFE SUPPORT**

- Perform basic Life Support
- Recovery Position
- Perform Child and Infant Basic Life Support

**DEFIBRILLATION**

- Normal/abnormal Heart Rhythms
- Automated External Defibrillation

**RECOGNITION AND INITIAL CARE OF HAEMORRHAGE**

- Bleeding
- Shock (including faints)

**MEDICAL RELATED EMERGENCIES**

- Recognition and Initial Care of:
- Heart Attack/Angina
- Diabetes
- Stroke
- Epilepsy
- Unconscious Patient
- Asthma/Anaphylaxis
- Assisting a Paramedic

**TRAUMA RELATED EMERGENCIES**

- Recognition, Initial Care of Injuries to Bones, Joints, Tendons & Ligaments
- Recognition, Initial Care of Burns & Scalds
- Recognition, Initial Care of Other Trauma Related Injuries
- Skeletal Stabilisation

## Combined F-POS(I) MIRA and Paediatric Level 3

### Level 3 Paediatric First Aid

Paediatric First Aid focuses on emergency scenarios that face professionals looking after young children and infants up to 8 years old, including teachers, playgroup leaders, childcare providers, au pairs, nannies and childminders.

**Course Length** - 2 days

**Assessment** - Continuous assessment by the tutor.

**Certification** - Successful candidates will receive a Level 3 Certificate Awarding Body HABC or Other Recognised Body

### Course Content/Syllabus

- The role of the first aider
- Managing an emergency
- Communication and casualty care
- Allergic reaction
- Asthma and diabetic emergencies
- Bleeding
- Bone, muscle and joint injuries
- Burns
- Childhood conditions (e.g. meningitis)
- Eye injuries
- Choking
- Foreign objects
- Head injuries
- Heat and extreme cold
- Poisoning, bites and stings
- Resuscitation
- Seizures
- Spinal injuries
- Treatment of an unconscious casualty

### MIRA Level 4

The content for this course is comprehensive and covers the following:

- Clinical scope of practice
- Preparation / role of medical Operative
- Triage and Incident management
- Patient assessment and diagnosis
- Airway management (i-gel, LMA, and surgical airway)
- Chest decompression
- Chest and abdominal trauma
- Shock, haemorrhage control (tourniquets, celox) and fluids with lethal triad
- Fracture management and various splints (KTD, SAM splints & collar)
- Skin issues and closure techniques
- Minor injuries
- Medical emergencies overview
- Minor limb and back issues
- Extremes of weathers
- Altitude and mountain medicine awareness
- Drugs and pharmacology issues
- Prolonged patient care
- RTC extrication (KED & spine boards, Collars)



### Combined F-POS(I) MIRA and Paediatric Level 3

- Chemicals
- Bites & stings (snake bites, scorpion, spiders)

Combined Course is 5 Long Days and covers all, of the above plus more

**Course Length** - 5 days

**Assessment** - Written test, multiple choice tests and practical assessments.

**Certification** - Successful candidates will receive a Level 4 Award in MIRA valid for 3 years.

FPOS-i - First Person on Scene Intermediate valid for 3 years. Level 3 First Aid at Work Certificate valid for 3 years.

**Awarding Bodies Used** – Sometimes it is necessary to use other Awarding Bodies due to Instructors who are brought in to cover sickness or unforeseen circumstances, we do this to ensure as far as possible that our candidates get the course they require, at the dates requested, we Only use main stream Awarding Bodies unless stated (i.e. In House Qualification, CPD accredited, or Specialist)

**SFJ – Skills for Justice**

**HABC – Highfields ABC**

**IQ – Industry Qualifications**

**College of Paramedics**

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