STA International Swimming & Water Safety Standards

Otter 3

Teacher _____ Class reference _____

Date/ time _____ Course runs from _____ to _____

Pupil	.State the three Aims of First Aid.	Explain simply how the blood circulates around the body.	State two different types of burn.	Explain how to treat burns.	Explain how to manage external bleeding.	Apply a sterile un-medicated dressing to an arm.	Apply an elevated sling.	Place a simulated casualty in the position for managing shock.	Notes/ Distance Awards	Date all skills assessed

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