

Media outlet: The Press and Journal (print)

Circulation: 21,765

Date: 23 June 2025

Kids can learn to save lives

BY SARAH WARD

Primary schools across Scotland are being encouraged to teach first aid as part of a national training scheme.

The Scottish Primary School First Aid Programme, launched by St Andrew's First Aid, provides free online access for teachers to download and teach first aid in their class.

The initiative was proposed in 2018 after research showed that children as young as five were able to play a life-saving role.

A training programme for teachers was created to enable them to teach first aid to pupils from P1 to P7, with the objective of having young people across Scotland skilled and confident in first aid.

A pilot scheme with Stirling Council in 2021 trained 56 teachers and the charity is now encouraging all schools to register to receive access to its online learning platform.

Training days will be made available to support staff,

helping them feel confident in the delivery of the programme.

Sessions are designed to be delivered in short, age-appropriate lessons with schools able to apply for certificates for every pupil who has completed the course.

The charity is also set to launch Safe: St Andrew's Framework for Education ahead of the new school year in August, with four banded levels, bronze, silver, gold and platinum.

Education Secretary Jenny Gilruth, who visited the charity's training centre in Glenrothes last year, said: "Learning and teaching in school is about equipping our young people with knowledge, understanding and skills to prepare them for life beyond school.

"No one expects to have to deal with a real medical emergency, but first aid skills can be crucial in supporting the response to one.

"This initiative will help equip primary pupils with potentially life-saving skills, benefiting

them and our wider society."

Jim Dorman, director of operations and community engagement at St Andrew's First Aid, said: "The launch of this initiative is the culmination of many years of research, engagement and hard work, and we are thrilled to be in a position to finally make it a reality.

"There is considerable amounts of evidence which demonstrates that children can play an active and valuable role in helping to save a life.

"The success of the Stirling pilot has shown us just how much of a difference this programme can make, and we're excited to now be offering this opportunity to schools nationwide."

The teaching materials can be found at www.firstaid.org.uk/get-involved/primary-school-programme/, and more information about St Andrew's First Aid is available at www.firstaid.org.uk



FIRST-AIDER: A pupil learns how to perform CPR as part of the training.