

Outdoor First Aid

TRAINING COURSE

2 DAY COURSE | 16HRs



This comprehensive two-day course covers a wide range of First Aid emergencies, enabling all participants to deal with emergency situations with confidence in a prompt, safe and effective way, particularly where professional medical help is not immediately available.

This course fulfils the requirements of the First Aid element of the expedition syllabus and it is suitable for the Bronze, Silver and Gold Duke of Edinburgh awards.

There is sufficient content in this course to satisfy the requirements of the HSE in respect of Emergency First Aid at Work. An additional certificate can be provided to evidence this to an employer.

DURATION

A minimum of 16 hours spread over at least two days. Ideally, the course should be run over two consecutive days, but we have the flexibility to accommodate your specific needs if you so desire providing it is completed within 10 weeks of starting the course and the training sessions last for a minimum of two hours.

SYLLABUS

A range of subjects are covered including:

- First Aid Equipment
- Assessment of the situation
- Prioritising treatment
- Environmental factors
- Dealing with an unresponsive casualty
- Bandaging
- Burns and scalds
- Asthma
- Diabetes
- Moving a casualty
- Shock (including Anaphylaxis)
- Fractures and spinal injuries
- Heart attacks
- Choking
- Control of bleeding
- Epilepsy
- Hypothermia
- Frostbite
- Head injuries
- Eye injuries
- Poisoning
- Chest injuries
- Abdominal injuries
- Sprains and strains
- Heat exhaustion
- Bites and stings
- Minor injuries

CERTIFICATION

Summative practical assessment is ongoing by the instructor each day, along with a written assessment on each day. A three year Level 3 Award in Outdoor First Aid will be issued to the learner, subject to successful assessment. No external assessors are required.

NUMBERS

A maximum of 12 students are allowed and must be a minimum of 14 years of age and a certificate can be offered to all, subject to assessment. A student cannot assume a responsibility in the workplace until they reach the age of 16, and then it is the employer's responsibility to ensure that the student is suitable for that role. The certificate will expire as dated on the certificate, irrespective of age.

ASSESSMENT

A range of methods are used, including, practical and questioning (open and multiple-choice).