

Outdoor First Aid at Work Requal Level 3 Award in First Aid at Work (RQF)



Times

The course is held over 2-days (16hrs) which includes two x 15 minute refreshment breaks and a 30 minute lunch break each day. Course registration is at 8.50am and each day finishes at 5.30pm. Please be punctual at all times as this course requires 100% attendance to qualify.

Outline

The Outdoor First Aid at Work Requalification course provides you with an opportunity to practise and update your first aid skills. This will include practical, hands-on scenarios and presentations that will develop your confidence in administering first aid and provide you with essential life saving skills.

What to bring

- + Lunch & (refreshments will be available for morning and afternoon breaks)
- + Clothing suitable for lying on the floor & warm, waterproof kit for the outdoor based scenarios
- + Personal / work first aid kit (if available) for group discussions & sharing of best practice
- + Proof of identity i.e. passport, driving licence photo ID card etc.
- + Your current First Aid at Work certificate

What to expect

The course includes a number of indoor & outdoor practical scenarios which involve lying on the floor, being checked for 'injuries' and physically moving people. Remember to look after yourself, lift / lower appropriately & take care of your knees. You are asked to respect & consider the well-being of others throughout the course. Please let your trainer know if you are uncomfortable with anything and if you have any pre-existing injuries/illnesses that they should be made aware of.

In order to simulate real life first aid scenarios you will be required to take on the role of casualty, first aider and observer. This is a good indicator of your understanding and learning. Based on the scenarios given to you by your trainer you will be expected to:

- + Demonstrate signs and symptoms accurately as the casualty
- + Reflect on your performance as first aider & consider all feedback from the casualty / observer
- + Give fair and balanced feedback on the learning points

Assessment & certification

A certificate from our Awarding Organisation, The Qualifications Network (QNUK) will be provided on successful completion of the course. Assessment includes a series of practical scenarios and a short multiple-choice assessment paper. The aim of the assessment is to demonstrate your understanding of the first aid skills taught and maintain a benchmark standard in First Aid at Work training. Please inform us of any learning & writing needs prior to your course - extra time can be arranged if required.

What we provide

The course is focused on relevant practical first aid skills that can be applied to real situations. We encourage an active & experiential approach to learning that supports your skill development.

We use clear, simple relevant explanations of theory and supply a first aid manual that supports and builds on your first aid knowledge. We are happy to signpost further information if required.

Outline

The core training covers how to assess & treat a casualty who is bleeding, unconscious or stopped breathing. This course also includes a range of skills necessary to 'hold the fort' in outdoor settings until further help arrives. The key topics & learning outcomes can be found below.

Day 1

Introduction

- The role of a first aider & priorities of first aid

Assessing vital signs

- Checking brain activity, airway, breathing & circulation

Casualty approach

- Performing a primary survey of a casualty that has collapsed (D.R.S + A.B.C.)

Stabilising an unresponsive casualty

- Placing someone in the recovery position who is unresponsive or suffering a seizure

Secondary survey

- Assessing a casualty for further injuries, illnesses & vital information for summoning help

Medical emergencies

- Treating immediately life threatening conditions including choking, strokes & heart attack

Treating a non-breathing casualty

- Performing CPR, drowning, outdoor modifications, cardiac arrest & the use of a defibrillator (AED)

Managing severe bleeding

- Administer first aid to a person who is bleeding, wounded &/or suffering from shock

Day 2

Breaks

- Finding, treating & stabilising common fractures

Hot & cold problems

- Recognising and preventing injuries from burns, heat illness & hypothermia

Environmental conditions

- Moving & stabilising casualties in outdoor environments

Trauma injuries

- Stabilising head, neck & chest injuries

Common illnesses

- Treating medical disorders such as asthma, epilepsy, anaphylaxis, diabetes & angina

Minor injuries

- Recognising & treating cuts, splinters, bites & soft tissues damage

Equipment & record keeping

- Emergency equipment and record keeping in outdoor settings

First Aid at Work Assessment

- Completion of a 40 multiple-choice question paper