

# OUTDOOR FIRST AID AWARD

LEVEL 3 (Min. 16 hours)



If your assessment of First Aid needs highlights the need for qualified First Aiders in outdoor activity, then this Level 3 qualification will provide you with suitable and highly trained personnel.

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 two days.

**Syllabus:** A range of subjects are covered including:-

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

**Age limit:** Minimum of 16 years of age. A certificate can be offered to all, subject to assessment. A learner 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.

**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 can be accommodated on this course.

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