



## First Aid on Water

**Qualification:** Accredited by ITC First

**Duration:** 1 day / 8 hours (09.00 - 18.00)

**Certificate:** 3 years

A fun, practical one day outdoor first aid course designed specifically for those that use the water for work and recreation. This course provides a working knowledge of first aid for all those who go afloat and is ideal for all those that sail, canoe, kayak, windsurf, paddle board, kitesurf etc.

Training and scenarios are based on being more than several minutes, up to several hours from help or a rescue team arriving. This course will give you the skills to cope with most minor and major first aid incidents in the sea, lake or river environment to ensure that you feel confident to deal with them safely and systematically.

**Core content:** Assessment and immediate action, recovery position, CPR (adult, child and drowning), choking, bleeding & shock, fractures, head & spinal injuries, cold shock and immersion hypothermia, drowning and secondary drowning, seasickness and dehydration, river illness etc

**Assessment:** Continual assessment by trainer observation. Candidates must attend the full 8 hours to qualify.

**Certificate:** Certified by ITC First and valid for 3 years.



ITC First is a recognised awarding body that develops qualifications and approves, supports and verifies the activity of training centres delivering accredited first aid courses and qualifications.

**Elements First Aid** is a training centre approved to deliver Ofqual, SQA and ITC accredited courses and qualifications.

Established by Flora Schnider in 2006, **Elements First Aid** provide a variety of exceptional first aid courses to groups of individuals in the UK and overseas. Flora is an experienced professional trainer with over 10 years of experience dealing with accidents and emergencies on front line 999 ambulances in central London. She is passionate about being on the water, the outdoor environment and about fun, practical, relevant first aid training.

**Price:** £595 for a group to a maximum of 10. Smaller or larger groups can be accommodated. Please contact us for more information.

Price is for a group in your own venue and includes all course equipment - course materials, first aid manuals, resuscitation manikins, handouts, course registration and certification. Travel expenses and accommodation may be at an additional cost depending on course location.