



First Aid at Sea

Qualification: Accredited by ITC First

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

Certificate: 3 years

A fun, practical one day course recognised by the Royal Yachting Association (RYA). Designed specifically for sailors and 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.

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 major first aid incidents to ensure that you feel confident to deal with them safely and systematically.

The core content is the same as the RYA first aid course with the flexibility to cover other topics not on the RYA syllabus that would be of particular interest to your group. The RYA recognise any one day course as long as it includes hypothermia, cold shock and drowning.

Please note: this course does not include CAT C drugs training which is required for anyone that works on an MCA coded commercial vessel.

Core content: Assessment and immediate action, recovery position, CPR (adult, child and drowning), heart attack & angina, choking, bleeding & shock, fractures, head &

spinal injuries, cold shock and immersion hypothermia, seasickness and dehydration, other medical emergencies, radio medical advice, helicopter rescue 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.