



## Outdoor First Aid

**Qualification:** ITC Certificate in Outdoor First Aid (SCQF Level 6)

**Duration:** 2 days / 16 hours

**Certificate:** 3 years

This fun, practical two day course has been developed with the support of the Scottish Qualifications Authority (SQA) and has been designed specifically for those who spend time in the outdoors through recreational, voluntary or work related activities.

Ideal for those who lead and work with groups in both urban and remote environments, this qualification is suitable for many National Governing Body Instructor Awards such as Mountain Leaders (ML, WML, MIA, MIC, IML), Climbing Instructors (SPA), Ski/Snowboarding Instructors (BASl), Mountain Guides (BMG), Canoe and Kayak Instructors (BCU), Mountain Bike Instructors (MIAS), Sailing Instructors (RYA), Duke of Edinburgh's Award Leaders (DofE), Forest School Practitioners, Orienteers (BOF) etc

Training and scenarios are based on being more than several minutes, up to several hours from help or a rescue team arriving. The first day covers essential lifesaving techniques with the second day building upon this with more in depth first aid and plenty of practical scenarios outdoors.

Emphasis is placed on injuries specific to the outdoor environment and the need to monitor casualties until help arrives. This course will give you the skills to cope with most minor or major first aid incidents and ensure that you feel confident dealing with them safely and systematically.

**Core content:** A systematic approach to incident management, vital signs, recovery position, CPR including safe use of an AED (Automated External Defibrillator), drowning, choking, casualty monitoring, bleeding, shock, hypo/hyperthermia, head injuries, spinal injuries, fractures, dislocations, soft tissue injuries, other minor and major injuries, common medical emergencies, bites/stings and other outdoor related illnesses plus outdoor scenarios.

**Assessment:** Continual assessment by trainer observation and one short multiple choice question paper. Candidates must attend the full 16 hours to qualify.

This course is built by combining two mandatory units of assessment:

UNIT 1 = Emergency First Aid in the Workplace (UL20 04)

UNIT 2 = First Aid for Outdoor Incident Management (UL58 04)

This Outdoor First Aid qualification also includes the assessment criteria for the HSE Emergency First Aid at Work (EFAW) qualification. Therefore, candidates who successfully complete both days can request an additional, optional EFAW certificate. There is no extra time or training required, just a small admin fee.

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

This ITC qualification is regulated by the Scottish Qualifications Authority (SQA) and is part of the Scottish Credit and Qualifications Framework (SCQF).



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 15 years of experience dealing with accidents and emergencies on front line 999 ambulances in central London. She is passionate about the outdoor environment and about fun, practical, relevant first aid training.

**Price:** £130 per person joining a scheduled course. In-house group rate\* £89.50 per person (minimum 6). Trainer to student ratio 1:12. Smaller or larger groups can be accommodated. Please contact us for more information.

Optional, additional EFAW certificates are £10 per person.

\*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.