



Outdoor First Aid

Qualification: Accredited by ITC First

Duration: 1 day / 8 hours

Certificate: 3 years

This fun, practical course is day one of the two day course and is designed specifically for those who spend time in the outdoors through recreational, voluntary or work related activities.

This course is ideal for those who lead and work with groups in both urban and remote environments, reflecting the needs of first aid care in diverse outdoor situations. Each course is tailored to your specific work or recreational environment and is suitable for some National Governing Body Instructor Awards.

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.

Core content: A systematic approach to incident management, vital signs, recovery position, CPR, drowning, choking, bleeding and shock.

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. This course can form part of the full 16 hour (SQA) Outdoor First Aid qualification. Day two must be completed within 9 weeks.



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: £85 per person joining a scheduled course. In-house group rate* £69.50 per person (minimum 6). Trainer to student ratio 1:12. 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.