



Outdoor First Aid (Bespoke)

Qualification: Accredited by ITC First

Duration: 1 day / hours flexible

Certificate: 3 years

This fun, practical course is designed specifically for those who spend time in the outdoors through recreational, voluntary or work related activities but do not require the full 16 hour Outdoor First Aid qualification.

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, hypo/hyperthermia, head injuries, spinal injuries, fractures, dislocations, soft tissue injuries and common medical emergencies.

Assessment: Continual assessment by trainer observation.

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 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.