



Outdoor First Aid

Qualification: ITC Level 3 Award in Outdoor First Aid (RQF)

Duration: 2 days / 16 hours

Certificate: 3 years

Learner Age: 16 yrs +

This fun, practical two day course has been designed specifically for those who spend time in the outdoors through recreation, voluntary or work related activities. This qualification meets the requirements of the Institute for Outdoor Learning Statement of Good Practice for Outdoor First Aid Training.

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. Candidates must attend the full 16 hours to qualify.

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

This ITC qualification is regulated by The Office of Qualifications and Examinations Regulation (Ofqual) and is part of the Regulated Qualifications Framework (RQF).



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.

Qualification combinations: Some learners require multiple First Aid qualifications. Additional qualifications can be gained doing this course, avoiding the need to do multiple courses. They incur a small fee and may require some additional training time. Please contact us for more information and to discuss your requirements.

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.

Price includes all course equipment - course materials, first aid manuals, resuscitation manikins, handouts, course registration and certification. For group courses, travel expenses and accommodation may be at an additional cost depending on course location.