



FIRST AID TRAINING

E: [info@elementsfirstaid.co.uk](mailto:info@elementsfirstaid.co.uk)

W: [www.elementsfirstaid.co.uk](http://www.elementsfirstaid.co.uk)

T: 01273 707851



## Forest School First Aid

**Qualification:** ITC First

**Duration:** 2 days / 16 hours

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

**Learner age:** 16 years +

This fun, practical 2 day course is specific to the forest school setting, with a focus on First Aid situations and scenarios that you may come across during outdoor play and learning in a woodland environment.

Designed by our Awarding Organisation ITC First, this course is specifically for the Forest School Leader, and is a must for all Level 3 Practitioners. Covering First Aid for both adults and children (age 1 – puberty), this course will give you the skills and confidence to deal with a huge variety of First Aid incidents where help may not be immediately available.

Please note, this course does not normally cover infants (0 – 1 year) and is therefore not transferable to early years (EYFS) statutory requirements for Paediatric First Aid, however this qualification can be added as a dual qualification if required.

**+ Suitable for**

Forest School Practitioners and anyone that works with children in a woodland setting.

### **+ Core content**

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, poisoning, burns and other outdoor related illnesses and outdoor scenarios.

### **+ Assessment**

We'll observe you throughout the course and make sure you're completing all the practical tasks correctly. There's no scary exam or question paper. You'll need to be there for the full duration and get stuck in with all the practical work and outdoor scenarios.

### **+ Nature of training**

This is an active and practical course that involves rolling around on the floor and some occasional close contact with another learner. Learners need to take a full and active part and comply with our Covid-19 mitigation measures. Please contact us prior to the course starting if you require a reasonable adjustment.

### **+ Prerequisites**

None

### **+ Dual qualifications**

Some learners require multiple First Aid qualifications. Additional qualifications may be gained by completing this training, avoiding the need to do multiple courses. There's a small admin fee and it may require some additional training time. Please contact us for more information and to discuss your requirements.

### **+ Certificate**

Certified by our Awarding Organisation ITC First and valid for 3 years. Electronic certificates are emailed out to learners approximately 2 weeks after the training.

### **+ Revalidation**

You need to do the full course again in 3 years time to revalidate. The HSE also strongly recommend that first-aiders attend an annual Basic Skills Refresher course (3 hours) to prevent skill fade and maintain confidence.

## + Price

Individual joining a scheduled course - £150 per person

In-house group (minimum 6) - £120 per person

In-house group (full course max 12) - £1200

Additional qualification certificates - £20 per person

Trainer to student ratio 1:12. Smaller or larger groups can be accommodated. Please contact us for more information. Price includes use of all course equipment including bandages & resuscitation manikins, PPE, a comprehensive First Aid manual, handouts, course registration and certification. For private group courses, travel expenses and accommodation may be at an additional cost depending on course location. We are not currently VAT registered.

