



FIRST AID TRAINING

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## Lifesaving First Aid

**Qualification:** ITC First

**Duration:** 3 hours

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

**Learner age:** 16 years +

At Elements we specialise in Outdoor First Aid. This short, practical course covers essential lifesaving techniques and Basic Life Support (BLS) in the outdoor setting to ensure that you feel confident dealing with a life threatening emergency. Essential skills in and around the river environment, specifically designed to meet the British Rowing requirements for Level 2 Rowing Coaches.

Ideal for anyone requiring a CPR or BLS certificate, this course focuses on the latest Resuscitation Council (UK) Basic Life Support protocols and also includes AED (Automated External Defibrillator) training as standard.

### + Suitable for

Those that require a short CPR & defibrillator training course in the context of a watersports environment.

## **+ Core content**

We cover all the essential lifesaving skills including how to manage an unconscious casualty, recovery position, CPR and safe use of an Automated External Defibrillator (AED) in the context of an outdoor remote environment.

## **+ 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.

## **+ 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**

N/A

## **+ 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.

## **+ Price**

Individual joining a scheduled course – £60 per person

In-house group (minimum 6) - £50 per person

In-house group (full course max 12) - £500

Additional qualification certificates – N/A

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.



