



FIRST AID TRAINING

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Outdoor First Aid (16 hours)

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

Duration: 2 days / 16 hours

Certificate: Certified by ITC First and valid for 3 years

Learner age: 16 years +



Elements began in the mountains – it’s part of our heart and soul. From mountains to beaches, rivers and forests, First Aid in the outdoors comes with its own unique set of challenges. This is not just about First Aid, but about managing incidents with a huge variety of different ‘ELEMENTS’ to consider.

We take the basic principles of First Aid and apply it to situations where weather, varied terrain, limited equipment and isolation can challenge even the most simple of scenarios. 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. Concentrating on issues involved with the longer-term care of casualties in remote environments we focus on incident management, casualty monitoring and relaying information to rescue teams.

This qualification is accredited by the Institute for Outdoor Learning (IOL) at band 3, is regulated by Ofqual and can be found on the Regulated Qualifications Framework (RQF).

+ Suitable for

Anyone that spends time in the outdoors for work or play. Meets the requirements for many National Governing Body Instructor Awards such as Mountain Leaders (ML, WML, MIA, MIC, IML), Climbing Instructors (SPA), Ski/Snowboarding Instructors (BASI), Mountain Guides (BMG), Canoe and Kayak Instructors (BCU), Mountain Bike Instructors (MIAS), Sailing Instructors (RYA), Watersports Instructors plus Duke of Edinburgh's Award Leaders (DofE), Forest School Practitioners, Walking Guides, Orienteers (BOF) and many more.

+ 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 & 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

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

+ 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.

