



Outdoor First Aid (8 hours)

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

Duration: 1 day / 8 hours (plus breaks)

Certificate: Certified by ITC First and valid for 3 years

A fun, practical course covering the vital skills you'll need to deal with an emergency in the outdoors. 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 giving you the confidence to step in and help when it really matters.

This Level 3 qualification meets the requirements of the Institute for Outdoor Learning Statement of Good Practice for Outdoor First Aid training, is regulated by Ofqual and can be found on the Regulated Qualifications Framework (RQF).

+ Suitable for

Some National Governing Body (NGB) instructor awards and anyone that works or spends time in the outdoors.

+ Core content

Roles & responsibilities, scene assessment, vital signs, primary survey, secondary survey, casualty monitoring, recovery position, hypothermia (including cold shock), hyperthermia, seizures, CPR including safe use of an AED (Automated External Defibrillator) for adult, child & drowning, choking, bleeding (including life-threatening bleeding) & shock.

Content can be tailored to include additional topics relevant for your setting, or based on your risk assessment, you may want to consider a DUAL qualification or the full 2 day / 16 hour Outdoor First Aid course.

+ Assessment

Assessment is carried out throughout the day by the trainer, who will observe you demonstrating practical First Aid skills on a manikin and with other learners. To achieve the full regulated qualification, you must: attend for the full duration (regulated qualifications have mandatory contact training time requirements), take a full and active part in the practical, scenario-based training, and successfully demonstrate all of the required practical First Aid skills. There's no scary exam or question paper.

+ Nature of training

This is a practical, hands-on course delivered both indoors and outdoors. It involves working closely with other learners and includes some physical contact during training activities.

You'll be expected to participate in practical exercises such as placing someone into the recovery position and performing at least two minutes of CPR on a manikin positioned on the floor. As a result, you should be reasonably fit and able to bend, kneel, and get down to floor level several times throughout the day.

If you are likely to require any help or support, have an injury, medical condition, disability, or any other circumstance that may affect your ability to participate fully, please contact us before the course. We may be able to make reasonable adjustments to the training or assessment, or where appropriate, offer a non-regulated qualification or a certificate of attendance. We'll be happy to discuss the options available and help you find the most suitable solution.

+ Prerequisites

Learners must be 14 years + to register for this qualification, however, due to the nature of training and safeguarding reasons, learners must be 18 years + to join a public course. Please contact us if you are under 18 years and would like to join as we may have some alternative options for you.

+ 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 Level 3 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 - £130 per person + VAT

In-house group (minimum 6) - £100 per person + VAT

In-house group (full course max 12) - £1000 + VAT

Additional qualification certificates - £20 + VAT (per person, per additional qualification)

Charity & Community discount available to registered charities and not-for-profit community organisations.

Trainer to student ratio 1:12. Smaller or larger groups can be accommodated. 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.

