



FIRST AID TRAINING

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## Outdoor First Aid (8 hours)

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

**Duration:** 1 day / 8 hours

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

**Learner age:** 16 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 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**

Incident management, vital signs, recovery position, CPR including safe use of an AED (Automated External Defibrillator), drowning, choking, bleeding and shock.

## **+ 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 - £100 per person

In-house group (minimum 6) - £80 per person

In-house group (full course max 12) - £800

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.

