



FIRST AID TRAINING

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Outdoor First Aid for DofE

Qualification: Elements Awareness

Duration: 1 days / 6 hours

Certificate: Elements First Aid certificate of attendance

Learner age: 14 years +

At Elements, we specialise in Outdoor First Aid. We'll come to your school and teach your students some basic First Aid awareness skills – essential for all those participating in DofE.

We look at how weather, varied terrain, limited equipment and isolation can challenge even the most simple scenario and talk about what sort of kit they might need, plus how and when to get help in the outdoors. Suitable for Bronze, Silver and Gold DofE, this fun, practical course fulfils the requirements of the First Aid element of the expedition syllabus.

+ Suitable for

Students completing their Bronze, Silver or Gold DofE.

+ Core content

Incident management, vital signs, recovery position, CPR plus AED (Automated External Defibrillator) awareness, choking, bleeding, shock, hypo/hyperthermia, common injuries, burns, bites/stings, blisters, ticks plus other outdoor related issues.

+ Assessment

This is a relaxed awareness course – there is no formal assessment.

+ 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

None

+ Certificate

You'll receive an Elements First Aid certificate of attendance. Electronic certificates are emailed out to learners approximately 2 weeks after the training.

+ Revalidation

N/A

+ Price

In-house group (minimum 20) – £25 per person

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, 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.



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