



Cookson First Aid

Free First Aid for all

Emergency Outdoor First Aid

LEVEL 3 : 1-DAY TRAINING COURSE

This qualification is for those undertaking the role of a first aider in an outdoors environment, for example at outdoor pursuits activity centres. The qualification is typically delivered over one day and covers common injuries and conditions that activity instructors may face.

The qualification will provide learners with the skills, knowledge and understanding to support individuals carrying out a first aid role in an outdoor environment where help may be up to 30 minutes away.

RQF Level 3 Award

QNUK Level 3 Award In Emergency Outdoor First Aid (RQF)

This qualification develops the learner's knowledge, understanding and skills in delivering first aid in an outdoor environment. This qualification meets the requirements for Emergency First Aid at Work as outlined in the Health and Safety (First Aid) Regulations 1981 and the Health and Safety (First Aid) Regulations (Northern Ireland) 1982. It also meets sports and outdoor industry NGB requirements.

Duration

Total qualification Time (TQT) is 10 hours, with at least 8 Guided Learning Hours (GLH) in the classroom over a minimum of 1 day plus independent pre and post course study.

Course Content

- The learner will understand the role and responsibilities of a first aider in an outdoors environment
- The learner will be able to manage an incident in an outdoor environment
- The learner will be able to provide first aid to an unresponsive casualty and not breathing normally
- The learner will be able to provide first aid to a casualty that is unresponsive and is breathing normally
- The learner will be able to provide first aid to a casualty who is choking
- The learner will be able to provide first aid to a casualty with external bleeding
- The learner will know how to provide first aid to a casualty who is in shock
- The learner will know how to provide first aid to a casualty affected by immersion in water

Numbers

A maximum of 12 students are allowed and must be a minimum of 14 years of age.

Assessment

The qualification assessment includes a written and practical assessment. You must successfully complete the written and practical assessment to achieve the qualification.

Certification

The qualification is valid for three years from the date of achievement. It is recommended that you attend annual refresher training. You will need to complete the full course again to re-qualify for a further three years.