



# Cookson First Aid

Free First Aid for all

## Activity First Aid

### LEVEL 3 : 2-DAY TRAINING COURSE

This qualification is for those requiring a first aid qualification to support their role as a sports coach or instructor. The qualification builds on the Emergency first aid at work qualification, to include core common injuries found in sporting activities.

This qualification will provide learners with the skills, knowledge and understanding to deal with a range of first aid situations, to take on the role of first aider in a sports activity setting.

## RQF Level 3 Award

### QNUK Level 3 Award in Activity First Aid (RQF)

This qualification is aimed those looking to undertake the role of a first aider in sports activities. The qualification also meets the requirements for a workplace emergency first aider as outlined in the Health and Safety (First Aid) Regulations 1981 and the Health and Safety (First Aid) Regulations (Northern Ireland) 1982.

#### Duration

Total qualification Time (TQT) is 14 hours, with at least 12 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
- The learner will be able to assess an incident
- The learner will be able to provide first aid to an unresponsive casualty
- 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 with minor injuries
- The learner will be able to conduct a secondary survey
- The learner will be able to provide first aid to a casualty with suspected injuries to bones, muscles and joints, chest injuries, eye injuries, bites and stings, anaphylactic shock
- The learner will know how to provide first aid to a casualty with suspected major illness
- The learner will know how to provide first aid to a casualty suffering from the effects of heat or cold
- Recognition and Management of Illness and Injury in Activities

#### Numbers

A maximum of 12 students are allowed and must be a minimum of 16 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.