



Cookson First Aid

Free First Aid for all

Outdoor First Aid

LEVEL 3 : 2-DAY TRAINING COURSE

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

The qualification covers knowledge and practical competency for a range of outdoor first aid.

RQF Level 3 Award

Qualification title: Level 3 Award in Outdoor First Aid

This qualification has been developed in line with National Governing Body (NGB) requirements and the Institute of Outdoor Learning (IOL) first aid guidance.

Duration

Total qualification Time (TQT) is 16 hours, with at least 12 Guided Learning Hours (GLH) in the classroom over a minimum of 2 days plus independent pre and post course study.

Course Content

- Role of the Outdoor First Aider
- Scene survey
- Primary survey
- Environmental Factors
- Extreme cold and heat
- Unconscious casualty
- Major illness
- Resuscitation (CPR including the safe use of an AED)
- Water immersion
- Choking
- Wounds, bleeding and shock
- Catastrophic Haemorrhage
- Head, neck and back injuries
- Considerations & Protocols
- Bites & stings
- Hypothermia
- Fractures
- Secondary survey
- Major injuries
- Burns & scalds
- Eye injuries
- Anaphylaxis

Numbers

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

Assessment

The qualification assessment includes a practical demonstration and written assessment. You must successfully complete both the the written and practical assessments 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 requalify for a further three years.