

FAA Level 3 Award in

## Outdoor First Aid (RQF)



2 day  
course



Ofqual  
regulated



Certificate  
valid for 3 years

### Be Prepared

This comprehensive two-day qualification is designed for outdoor professionals and employees who work in rural or remote environments. It will enable learners to undertake the role of the First Aider when emergency medical assistance could be more than 30 minutes away. It will provide learners with the skills and knowledge to respond to a range of emergency outdoor situations.

**The qualification meets the Outdoor First Aid Band 3 requirements set by the Institute for Outdoor Learning.**

Ideal for DofE Leaders, Youth Leaders working in an outdoor setting including Boys Brigade, Girls Brigade, Guides, Scouts, Outdoor Pursuits etc.

The minimum course contact time of 16 hours will be delivered over a minimum of 2 days. The course can also be spread over a maximum period of 9 weeks, each session is a minimum of two hours.

The assessment is carried out through practical demonstration, oral questioning and a written assessment paper. Scenarios will be set to allow learners to demonstrate the skills and knowledge they have gained.

### What's Covered?

- ⊕ The role and responsibilities of a first aider
- ⊕ Assessing an incident
- ⊕ Managing an unresponsive casualty
- ⊕ CPR and AED use
- ⊕ Recovery Position
- ⊕ Heart Attack
- ⊕ Stroke
- ⊕ Head, neck and back injuries
- ⊕ Chest and abdominal injuries
- ⊕ Fractures
- ⊕ External bleeding
- ⊕ Shock
- ⊕ Burns and scalds
- ⊕ Choking
- ⊕ Poisoning
- ⊕ Anaphylaxis
- ⊕ Asthma
- ⊕ Diabetes
- ⊕ Epilepsy and seizures
- ⊕ Treatment for hot and cold temperatures
- ⊕ Minor injuries
- ⊕ Sprains, strains and dislocations
- ⊕ Eye injuries

Book Now with  
IS + Training

Call: 07747805576

Email: [is-training@hotmail.co.uk](mailto:is-training@hotmail.co.uk)