

Outdoor First Aid (16 Hours/ 2 Days)

RQF Level 3 Award England, Northern Ireland & Wales - Internationally Recognised

Qualification title: FAA Level 3 Award in Outdoor First Aid – Code: 601/8627/6

Unit 1 Title: Outdoor Emergency Action – Unit 1 Code: K/508/3085

Unit 2 Title: Outdoor Incident Management – Unit 2 Code: M/508/3086

DESCRIPTION

If your assessment of First Aid needs highlights the requirement for qualified First Aiders in outdoor activity; this Level 3 qualification will provide you with suitable and highly trained personnel.

This qualification is designed for learners to be able to undertake the role of the first aider when in rural and more remote locations, where emergency medical assistance may be more than 30 minutes away. The learner will gain the first aid skills and knowledge to competently and confidently provide first aid in an outdoor remote environment.

This 16-hour qualification meets the requirements for the first aid element of the expedition syllabus for the Bronze, Silver and Gold Duke of Edinburgh awards.

The qualification meets the requirements of the Institute for Outdoor Learning Statement of Good Practice for Outdoor First Aid Training. It is delivered in accordance with the standards set by the Resuscitation Council (UK) 2015 Guidelines.

DURATION

A minimum of 16 hours spread over at least two days.

ASSESSMENT AND MARKING

Summative practical assessment is ongoing by the instructor each day, along with a written assessment on both days. Scenarios will be set to enable learners to demonstrate their knowledge and practical skills.

CERTIFICATION

A three-year Level 3 Award in Outdoor First Aid will be issued to the learner, subject to successful assessment.

NUMBERS & ENTRY REQUIREMENTS

A maximum of 12 students can be accommodated. The qualification is available to learners aged 16 or over. Due to the practical nature of the first aid assessment there are physical demands and learners must be able to demonstrate their skills as in a real-life situation. An example of this would be to demonstrate CPR on a manikin at floor level.

INCLUDED IN COST

Delivery onsite/ on location, manuals/ guides, certification and postage.

***Our Awarding Body is First Aid Awards Ltd.**

SYLLABUS

A range of subjects are covered including:

- **First Aid Equipment**
- **Assessment of the Situation**
- **Prioritising Treatment**
- **Environmental Factors**
- **Dealing with an Unresponsive Casualty**
- **Bandaging**
- **Moving a Casualty**
- **Shock (including Anaphylaxis)**
- **Fractures and Spinal Injuries**
- **Heart Attacks**
- **Diabetes**
- **Hypothermia**
- **Heat Exhaustion**
- **Minor Injuries**
- **Choking**
- **Control of Bleeding**
- **Head Injuries**
- **Eye Injuries**
- **Poisoning**
- **Chest Injuries**
- **Abdominal Injuries**
- **Sprains and Strains**
- **Burns and Scalds**
- **Asthma**
- **Epilepsy**
- **Frostbite**
- **Bites and Stings**

LEARNING OUTCOMES – UNIT 1

Learning Outcome	Assessment Criteria
1. Understand the scope of first aid in the outdoors	1.1 Describe features of outdoor first aid 1.2 Identify first aid equipment for emergency incidents in the outdoors 1.3 Summon assistance during emergency incidents in the outdoors
2. Be able to interpret vital sign information whilst responding to an emergency incident in the outdoors	2.1 Describe the principles of casualty monitoring 2.2 Monitor a casualty who is in a safe airway position 2.3 Respond to changing vital signs 2.4 Respond to signs commonly shown by a casualty suffering from the following life threatening conditions: <ul style="list-style-type: none"> • Asthma • Seizures • Hypothermia 2.5 Prioritise first aid to a casualty who requires more than one emergency first aid intervention
3. Be able to assess an emergency incident in the outdoors	3.1 Conduct a scene survey 3.2 Minimise the risk of infection to self and others 3.3 Conduct a systematic primary survey of a casualty according to current guidelines 3.4 Conduct a systematic secondary survey on a casualty who is wearing activity kit
4. Be able to respond to an incident involving an unresponsive casualty with normal breathing, in the outdoors	4.1 Place an unresponsive casualty into a suitable position to maintain a safe airway 4.2 Consider environmental factors whilst administering first aid, including: <ul style="list-style-type: none"> • Slope • Temperature • Wind direction • Strong sunlight 4.3 Manage an unresponsive casualty when assistance is more than 30 minutes away
5. Be able to respond to an incident involving an unresponsive casualty who is not breathing normally, in the outdoors	5.1 Administer cardiopulmonary resuscitation (CPR) on a manikin 5.2 Describe the accepted modifications in CPR protocols for: <ul style="list-style-type: none"> • An unresponsive non-breathing casualty after a drowning incident • An unresponsive non-breathing child casualty • An unresponsive non-breathing casualty who is remote from immediate medical help • An unresponsive non-breathing lightning strike casualty 5.3 Demonstrate when and how to remove outdoor activity equipment from an unresponsive non-breathing casualty 5.4 Demonstrate action for an unresponsive vomiting casualty
6. Be able to respond to an incident involving a choking casualty in the outdoors	6.1 Describe how to identify a casualty with a: <ul style="list-style-type: none"> • Partially blocked airway • Completely blocked airway 6.2 Administer first aid for a casualty with a: <ul style="list-style-type: none"> • Partially blocked airway • Completely blocked airway
7. Be able to respond to an incident involving blood loss in the outdoors	7.1 Identify the severity of external bleeding 7.2 Recognise and manage a casualty with shock

LEARNING OUTCOMES – UNIT 2

Learning Outcome	Assessment Criteria
1. Be able to apply incident management and casualty assessment principles in the outdoors	1.1 Establish an incident history 1.2 Provide emotional support to a casualty 1.3 Manage a casualty who is wearing outdoor activity clothing or equipment 1.4 Justify when and how to move a casualty 1.5 Demonstrate incident management actions when accompanied by others
2. Be able to respond to an incident involving limb injury in the outdoors	2.1 Recognise and manage a casualty with an injured arm which: <ul style="list-style-type: none"> • The casualty can move • The casualty cannot move • Is not in its natural alignment 2.2 Recognise and manage a casualty with an injured leg which: <ul style="list-style-type: none"> • The casualty can move • The casualty cannot move • Is not in its natural alignment
3. Be able to respond to an incident involving a casualty with a head, neck or torso injury in the outdoors	3.1 Recognise and manage a responsive casualty with: <ul style="list-style-type: none"> • A head injury • A spinal injury • A chest injury • An abdominal injury • A pelvic injury 3.2 Recognise and manage an unresponsive casualty with: <ul style="list-style-type: none"> • A head injury • A spinal injury • A chest injury • An abdominal injury • A pelvic injury
4. Be able to respond to an incident involving medical conditions or sudden illness in the outdoors	4.1 Recognise and manage a casualty with the signs of: <ul style="list-style-type: none"> • Short-term diabetic complications • Chest pain • Stroke • Anaphylaxis
5. Be able to respond to an incident involving the effects of cold and heat in the outdoors	5.1 Recognise and manage a casualty with the signs of: <ul style="list-style-type: none"> • Shivering • Hyperthermia • Frostbite • Dehydration • Heat exhaustion • Hypothermia
6. Be able to respond to an incident involving activity or environmental factors in the outdoors	6.1 Recognise and manage a casualty with the signs of: <ul style="list-style-type: none"> • Splinters • Blisters • Minor burns/scalds • Animal bites • Stings • Poisoning • Object in eyes • Bright light eye injury