

QUALIFICATION SPECIFICATION



FAA LEVEL 3 AWARD IN ACTIVITY
FIRST AID (RQF)

AWARD IN ACTIVITY FIRST AID
AT SCQF LEVEL 6



This qualification is designed to provide a learner with the knowledge and practical competence required to deal with a wide range of first aid situations with a focus on sports and activity related conditions.

The qualification is suitable for learners working in outdoor and activity environments or involved in other settings such as voluntary and community activities.

This qualification is regulated in the UK and awarded by First Aid Awards (FAA).

FAA are an awarding organisation regulated by Ofqual and SQA Accreditation and the qualification sits on the Regulated Qualifications Framework (RQF) and the Scottish Credit and Qualifications Framework (SCQF).

The qualification is delivered, assessed, and quality assured adhering to the [Assessment Principles for Regulated First Aid Qualifications](#), and delivered and assessed in accordance with the current Resuscitation Council UK Guidelines.



QUALIFICATION STRUCTURE

The qualification consists of two units which learners must successfully complete to achieve the FAA Award in Activity First Aid qualification.

Learners completing just unit 1 can be awarded the FAA Award in Emergency First Aid at Work qualification.

Learning outcomes and assessment criteria

FAA qualifications have set learning outcomes and assessment criteria. The learning outcomes describe the skills and knowledge a learner will gain by successfully completing the qualification. The assessment criteria state the skills, knowledge, and competence a learner will be required to demonstrate during assessment.

Qualification number	RQF 603/2235/4	SCQF R555 04
The qualification consists of two units		

Unit 1	
Unit title	First Aid Essentials
RQF unit code	T/615/8509
SCQF unit code	UL59 04
Guided Learning Hours (GLH)	6 hours
Total Qualification Time (TQT)	7 hours

LEARNING OUTCOMES The learner will:	ASSESSMENT CRITERIA The learner can:
1. Understand the role and responsibilities of a first aider	1.1 Identify the role and responsibilities of a first aider 1.2 Identify how to minimise the risk of infection to self and others 1.3 Identify the need for consent to provide first aid
2. Be able to assess an emergency situation safely	2.1 Conduct a scene survey 2.2 Conduct a primary survey of a casualty 2.3 Summon appropriate assistance when necessary
3. Be able to provide first aid to an unresponsive casualty	3.1 Identify when to administer cardiopulmonary resuscitation (CPR) 3.2 Demonstrate adult CPR using a manikin 3.3 Identify how to perform CPR for: <ul style="list-style-type: none"> • children • victims of drowning 3.4 Identify when to place a casualty into the recovery position 3.5 Demonstrate how to place a casualty into the recovery position 3.6 Demonstrate continual monitoring of breathing whilst the casualty is in the recovery position 3.7 Identify how to administer first aid to a casualty who is experiencing a seizure
4. Be able to provide first aid to a casualty who is choking	4.1 Identify when a casualty is choking 4.2 Demonstrate how to administer first aid to a casualty who is choking
5. Be able to provide first aid to a casualty with external bleeding	5.1 Identify whether external bleeding is life-threatening 5.2 Demonstrate how to administer first aid to a casualty with external bleeding
6. Know how to provide first aid to a casualty who is suffering from shock	6.1 Recognise when a casualty is suffering from shock 6.2 Identify how to administer first aid to a casualty who is suffering from shock
7. Know how to provide first aid to a casualty with minor injuries	7.1 Identify how to administer first aid to a casualty with: <ul style="list-style-type: none"> • small cuts • grazes • bruises • small splinters • nosebleeds 7.2 Identify how to administer first aid to a casualty with minor burns and scalds

Additional information

Others may include casualties, work colleagues, or people within the workplace environment

CPR - minimum demonstration time of 2 minutes at floor level. May additionally include use of rescue breath barrier devices

Shock - hypovolaemic shock (resulting from blood loss)



Unit 2	
Unit title	Management of Illness and Injury in Activities
RQF unit code	M/615/8511
SCQF unit code	UL60 04
Guided Learning Hours (GLH)	6 hours
Total Qualification Time (TQT)	7 hours

LEARNING OUTCOMES The learner will:	ASSESSMENT CRITERIA The learner can:
1. Be able to conduct a secondary survey	1.1 Identify the information to be collected when gathering a casualty history 1.2 Demonstrate how to conduct a head to toe survey
2. Be able to provide first aid to a casualty with suspected injuries to bones, muscles and joints	2.1 Recognise a suspected: <ul style="list-style-type: none"> • fracture or dislocation • sprain or strain 2.2 Identify how to administer first aid for a casualty with suspected: <ul style="list-style-type: none"> • fracture or dislocation • sprain or strain 2.3 Demonstrate how to apply: <ul style="list-style-type: none"> • a support sling • an elevated sling
3. Be able to provide first aid to a casualty with suspected head and spinal injuries	3.1 Recognise a suspected: <ul style="list-style-type: none"> • head injury • spinal injury 3.2 Identify how to administer first aid for a suspected head injury 3.3 Demonstrate how to administer first aid for a casualty with a suspected spinal injury
4. Know how to provide first aid to a casualty with suspected chest injuries	4.1 Identify how to administer first aid for suspected: <ul style="list-style-type: none"> • fractured ribs • penetrating chest injury
5. Know how to provide first aid to a casualty with an eye injury	5.1 Identify how to administer first aid for a casualty with: <ul style="list-style-type: none"> • a foreign body in eye • an eye injury
6. Be able to provide first aid to a casualty with bites and stings	6.1 Identify how to administer first aid for: <ul style="list-style-type: none"> • bites • stings
7. Be able to provide first aid to a casualty with anaphylaxis	7.1 Recognise suspected anaphylaxis 7.2 Identify how to administer first aid to a casualty with suspected anaphylaxis 7.3 Demonstrate the use of a 'training device' adrenaline auto-injector
8. Know how to provide first aid to a casualty with suspected major illness	8.1 Recognise suspected: <ul style="list-style-type: none"> • heart attack • epileptic seizure • asthma attack • diabetic hypoglycaemic emergency 8.2 Identify how to administer first aid to a casualty suffering from: <ul style="list-style-type: none"> • heart attack • epileptic seizure • asthma attack • diabetic hypoglycaemic emergency
9. Know how to provide first aid to a casualty suffering from the effects of heat or cold	9.1 Recognise the following conditions: <ul style="list-style-type: none"> • shivering • hypothermia • dehydration • heat exhaustion • hyperthermia 9.2 Identify how to administer first aid to a casualty suffering from the following conditions: <ul style="list-style-type: none"> • shivering • hypothermia • dehydration • heat exhaustion • hyperthermia

Additional information

[Head to toe survey](#) must be conducted on a casualty with a continually monitored or protected airway e.g. a conscious casualty or a casualty placed in the recovery position

[Head injury](#) includes concussion, compression, and skull fracture. The learner is not expected to differentiate between these conditions

[Use of a 'training device' adrenaline auto-injector](#) must be demonstrated using a training device and NOT a live auto-injector



ENTRY REQUIREMENTS

The qualification is available to learners aged 14 or over but a learner cannot assume the responsibility of being a first aider in the workplace until they reach the age of 16.

It is recommended that learners hold a minimum of level 1 in literacy or equivalent to undertake this qualification.

It may be possible to grant a reasonable adjustment for a learner who has a disability, medical condition or learning need following the [FAA Reasonable Adjustment and Special Consideration Policy](#). For example, assistance could be given with reading or writing.

Due to the practical nature of the first aid assessment there are physical demands. Learners must be able to get to the floor unaided and successfully demonstrate all required elements of the practical assessment on their own, with the casualty on the floor, as in a real-life situation. For example, a learner will need to get to the floor unassisted and demonstrate effective cardiopulmonary resuscitation on a manikin at floor level.

If a learner has any concerns they should contact their training provider to discuss before attending the course.

QUALIFICATION DELIVERY

The qualification has 12 assigned guided learning hours (GLH) and 14 hours total qualification time (TQT).

GLH indicates the number of contact hours that the learner will undertake being taught or assessed under the immediate guidance or supervision of the trainer/assessor in the classroom.

TQT includes GLH but also considers any unsupervised learning or preparation that a learner may undertake independently which could include self-study or the completion of set tasks.

The minimum classroom contact time of 12 hours can be delivered over 2 days or completed over a maximum of 6 weeks ensuring that each session is a minimum of two hours.

The learner ratio for the qualification is a maximum of 12 learners to 1 trainer/assessor.

QUALIFICATION ASSESSMENT

The qualification is assessed through practical demonstration and written assessment and a learner must pass both assessments to be awarded the qualification.

There is no grading of the assessment, learners pass or are referred.

Practical assessment

Scenarios are set recreating a real-life situation as far as possible to enable a learner to demonstrate their knowledge and practical skills. During the practical assessment the learner will be asked set related oral questions by the trainer/assessor.

The practical assessment is ongoing throughout the course with the trainer/assessor making learners aware of when they are being assessed and what they are required to demonstrate.

A learner must satisfactorily complete each scenario to pass the practical assessment.

Written assessment

The learner must pass a written assessment.

QUALIFICATION VALIDITY

The qualification is valid for three years from the date of achievement.

It is strongly recommended that the learner attends annual refresher training.

Requalification

To requalify learners will need to complete the full 12-hour course again.



PROGRESSION

Learners who achieve this qualification could progress on to other FAA first aid and related qualifications. FAA also offer qualifications in health and safety including fire safety and manual handling, food safety, safeguarding, and first aid for mental health if a learner wanted to diversify.

Qualification specifications for all FAA qualifications can be found on the [FAA website](#).

