

Duke of Edinburgh Skills Course Information

DJM/2021

Course Aims and Objectives

Learn2Rescue's DoFE skills course is designed for teenagers aiming to train in first aid as the skill for their DoFE bronze, silver or gold. The course follows the requirements needed for an Emergency First Aid at Work course, but also covers some useful topics for the groups expedition activities. The students learn basic life support skills necessary to maintain life in the event of a medical emergency. This EFAW course is recommended by the Health and Safety Executive for low risk work places.

Intended Outcome

The intended outcome for course participants is to provide knowledge of basic life support, in line with the Resuscitation Council UK, and techniques following the First Aid Societies Manual. The elements covered on the DoFE Skills first aid course include:

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| <ul style="list-style-type: none">• Incident management• Calling for help in remote locations• Reporting incidents• Recovery Position• Cardio Pulmonary Resuscitation• Using and AED• Choking | <ul style="list-style-type: none">• Bleeding• Seizures• Heart Attack• Burns• Breaks including splints• Head Injuries• Epilepsy | <ul style="list-style-type: none">• Diabetes• Anaphylaxis• Stings• Splinters• Eye Injuries• Child and baby CPR |
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Certification and Qualification

This course is taught by qualified first aid instructors, all of whom regularly teach first aid at different levels. This twelve hour course will teach the annual basic life support skills required. The course is run with the approval of the school or youth group governing the whole DoFE award. At the end of this course, participants will be tested in their knowledge in a friendly scenario based activity, by fully qualified first aiders.

Teaching Style and Trainer Expectations

It is intended that this course provides a pleasant and relaxed atmosphere in which to learn. Delegates are requested to make arrangements for the phones to be answered and for there to be no disruptions. Your trainer will expect participants to engage and cooperate in sessions, and make the trainer aware of any difficulties.

Course Evaluation

All Learn2Rescue courses are evaluated. At the start of the course participants will be informed that all delegates will be asked to give fair and honest feedback in order to help with continual course adjustments and maintain high levels of education and tutor development.

Payment

Payment ranges from £40 per student to £150 per student. The cost will depend on the number of sessions, number of students, venue and any refreshments required, together with instructor availability. We do however aim to keep the cost as low as possible, while not making a loss on the course provided.

Logistics

The room used should have enough space for participants to practise recovery positions. Refreshment arrangements are the responsibility to the venue, unless L2R have agreed separately to make provisions. Participants are reminded to wear comfortable clothes as the group will need to demonstrate putting each other into the recovery position. Ladies should not wear low cut tops and trousers are recommended, gentlemen are asked not to wear shorts. Participants will need to be able to do CPR which requires a certain amount of physical work. The presenter may want to project slides onto a space on the wall. There will be time for a break in the middle, but it is preferred staff do not return to their offices to start with office work. Please let L2R know if there are parking restrictions and any specific needs relating to your participants.