



Activity First Aid

This 2- day course must be completed within a 6-week period and can be delivered in as little as 12 hours over 2 days. If the training is spread over a time frame longer than 2 days, then each training session must be a minimum of 2 hours duration and must be completed within 6 weeks.

Good for: Organisations involved in any form of activity, including sports, leisure and recreation. Course provides basic life support plus other first aid conditions. Unit 1 covers the Emergency First at Work learning outcomes and syllabus.

- **Level 3 Course**
- Assessment: ongoing practical demonstration & written assessment of Unit 2
- Accredited through: NUCO
- Certificate valid: 3 years*
- Duration: **12 hours**
- Unit 1: First Aid Essentials
- Unit 2: Management of Illness & Injury in Activities
- Qualification: **FAA Level 3 Award in Activity First Aid (RQF)**
- Delivered at your place of work or one of our venues
- Discount for groups available (subject to booking 6 or more on course)
- Maximum places on course: 12
- Age limit for Qualification: 14 (please note: anyone <16 years old cannot assume legal responsibility of first aid at work, furthermore employers must ensure suitability when <16 years of age)

Syllabus

- Responsibilities and reporting of incidents
- Situation assessment
- Unresponsive casualty
- Resuscitation
- First Aid basic hygiene
- Control of bleeding
- Fractures
- Drowning
- Electrical injury
- Heat & cold
- Heart attack
- Minor injuries
- Spinal injury
- Head injury
- Angina
- Seizures
- Choking
- Shock
- Asthma
- Burns
- Diabetes

*Annual refresher courses recommended & available