

Level 3 Award in Outdoor First Aid (RQF)



Who is this for?

This qualification is perfect for anyone working in the outdoors environment, particularly those working with groups in outdoor pursuits.

The qualification is aimed at those that maybe supporting a casualty for up to 2 hours.

The qualification is open to those over 14 years of age.

Key points

- Regulated qualification
- Meets IOL requirements
- 16 hour course over 2 days
- Valid for 3 years
- Certificate included
- Assessed by MCQs and practical observation

Course content

This qualification has been developed to meet the first aid training requirements outlined by Institute of outdoor learning. The content also meets the requirements of NGBs including BCU and BASI.

The course includes:

- First aid for the outdoors environment
- Casualty management
- Primary survey
- Unconscious casualty management
- Resuscitation inc children, drowning, avalanche
- Choking
- Shock
- Wounds and Bleeding
- Medical conditions
- Head injuries
- Fractures
- Poisons
- Bites and stings
- Effects of heat and cold, inc hypothermia, frost bite and dehydration

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