

QUALIFICATION SPECIFICATION

FAA LEVEL 3 AWARD IN **ACTIVITY FIRST AID (RQF)**
AWARD IN **ACTIVITY FIRST AID** AT SCQF LEVEL 6



The qualification is designed to provide the knowledge and competence required for a learner to deal with a 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 voluntary and community activities.

Unit 1 of the qualification is suitable for learners wishing to act as an Emergency First Aider in the Workplace.

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Qualification structure

This qualification is regulated in the UK and awarded by First Aid Awards. FAA are an Awarding Organisation regulated by Ofqual and SQA Accreditation. 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 in line with the [Assessment Principles for Regulated First Aid Qualifications](#).

The qualification is delivered in accordance with the protocols set by the latest Resuscitation Council Guidelines.

The qualification consists of two units which learners must successfully complete to achieve the full qualification. Learners completing unit 1 can be certificated with the FAA Award in Emergency First Aid at Work qualification if required.

FAA LEVEL 3 AWARD IN ACTIVITY FIRST AID (RQF)			Credit value	Level	GLH	TQT
QAN	603/2235/4		2	3	12	14
Unit number	Unit title	URN				
1	First Aid Essentials	T/615/8509	1		6	7
2	Management of Illness and Injuries in Activities	M/615/8511	1		6	7

AWARD IN ACTIVITY FIRST AID AT SCQF LEVEL 6			Credit value	Level	GLH	TQT
QAN	R555 04		2	6	12	14
Unit number	Unit title	URN				
1	First Aid Essentials	UL59 04	1		6	7
2	Management of Illness and Injuries in Activities	UL60 04	1		6	7

QAN – Qualification Accreditation Number

URN – Unit Reference Number

GLH – Guided Learning Hours

TQT – Total Qualification Time

Entry requirements

The qualification is available to learners aged 14 or over but a learner is unable to act as a First Aider in the workplace until they reach the age of 16.

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.

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

It may be possible to allocate a reasonable adjustment to a learner who has a disability, medical condition or learning need; learners should contact their training provider to discuss. Any reasonable adjustments granted must be in line with the [FAA Reasonable Adjustments Policy](#).

Qualification delivery

The qualification has 12 assigned guided learning hours (GLH) and 14 hours total qualification time (TQT). GLH indicates the number of classroom contact hours that the learner will undertake. TQT includes GLH but also takes into account any unsupervised learning and is an estimate of how long the average learner will take to complete the qualification.

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

The class ratio for this qualification is a maximum of 12 learners to 1 Trainer/Assessor.

Certification

The qualification is valid for three years from the date of achievement. The learner will need to complete the full course again to requalify for a further three years. It is strongly recommended that the learner attends annual refresher training.

Progression

Learners who achieve this qualification may progress on to other related qualifications within first aid. FAA also offer qualifications in health & safety, food safety and safeguarding should learners wish to diversify.

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Learning outcomes and assessment criteria

A regulated qualification has 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 the course assessment. A learner must successfully achieve all assessment criteria to be awarded the qualification.

UNIT 1 FIRST AID ESSENTIALS	
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 incident	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 CPR using a manikin 3.3 Identify how to perform CPR for: <ul style="list-style-type: none"> • children • victims of drowning 3.4 Justify when to place a casualty into the recovery position 3.5 Demonstrate how to place a casualty into the recovery position 3.6 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 choking is: <ul style="list-style-type: none"> • mild • severe 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 the severity of external bleeding 5.2 Demonstrate how to control external bleeding
6. Know how to provide first aid to a casualty who is in shock	6.1 Recognise a casualty who 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 7.2 Identify how to administer first aid to a casualty with minor burns and scalds

Additional information

Role and Responsibilities: may include reference to: preventing cross infection; the need for recording incidents and actions; safe use of available equipment; assessing an incident; summoning assistance; prioritising treatment; dealing with post incident stress.

Others may include: casualty receiving first aid; work colleagues; other people within the workplace environment.

Consent: learners should be aware of the need for consent on a continual basis when providing first aid. Implied consent can be assumed when treating an unresponsive casualty.

When necessary: learners should be able to evaluate a situation to determine when to summon further assistance and what type of assistance to request.

When to administer cardiopulmonary resuscitation: must include agonal gasps.

CPR must include: 'correct placement of AED pads' and 'follow AED instructions'.

Recovery Position: a position that maintains a stable open draining airway.

Administer first aid: provide appropriate help to a casualty, manage the situation and seek appropriate assistance when necessary.

Seizure: relates to a generalised seizure. *First aiders should be suspicious of cardiac arrest in any casualty presenting with seizure.*

Shock: hypovolaemic shock (resulting from blood loss).

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UNIT 2		MANAGEMENT OF ILLNESS AND INJURIES IN ACTIVITIES
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 suspected: <ul style="list-style-type: none"> • Fractures and dislocations • Sprains and strains 2.2 Identify how to administer first aid for: <ul style="list-style-type: none"> • Fractures and dislocations • Sprains and strains 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 suspected spinal injury	
4. Know how to provide first aid to a casualty with suspected chest injuries	4.1 Recognise a suspected: <ul style="list-style-type: none"> • Flail chest • Penetrating chest injury 4.2 Identify how to administer first aid for a: <ul style="list-style-type: none"> • Flail chest • 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. Know how to provide first aid to a casualty with anaphylactic shock	7.1 Recognise suspected anaphylaxis 7.2 Identify how to administer first aid to a casualty suffering from anaphylaxis	
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 • Asthma attack • Epileptic seizure • Diabetic emergency 8.2 Identify how to administer first aid to a casualty suffering from: <ul style="list-style-type: none"> • Heart attack • Asthma attack • Epileptic seizure • Diabetic 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 • Heat exhaustion • Hypothermia • Hyperthermia • Dehydration 9.2 Identify how to administer first aid to a casualty suffering from the following conditions: <ul style="list-style-type: none"> • Shivering • Heat exhaustion • Hypothermia • Hyperthermia • Dehydration 	

Additional information

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

Recognise: to include signs and/or symptoms of the condition and/or where appropriate mechanism of injury.

Administer first aid: provide appropriate help to a casualty, manage the situation and seek appropriate assistance when necessary.

Head injury: includes concussion, compression and skull fracture. The learner is not expected to differentiate between these conditions.

Asthma attack: may include assisting a casualty to use a spacer device and to take their own inhaler.

Diabetic emergency: should focus on the condition of hypoglycaemia.

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ASSESSMENT INFORMATION

The qualification is assessed through practical demonstration and oral questioning.

Scenarios will be set to enable a learner to demonstrate their knowledge and practical skills. During the practical assessment, the learner will be asked supporting questions by the Trainer/Assessor.

The practical assessment is ongoing throughout the course but the Trainer/Assessor will make learners aware of when they are being assessed.

Learners will be assessed on:

- Primary survey and the recovery position
- Cardiopulmonary resuscitation and the safe use of an Automated External Defibrillator
- Choking
- Major bleeding and shock
- Major seizure
- Minor injuries
- Secondary assessment (top to toe survey)
- Injured limbs
- Head and spinal injuries
- Chest injuries
- Major illness
- Eye injuries
- Bites and stings
- Effects of heat and cold

The learner must satisfactorily complete each scenario to successfully pass the practical assessment. There is no grading of the assessment; learners pass or are referred.

Trainer/Assessors may also ask a learner additional questions if felt necessary to confirm their knowledge and understanding.