

Outdoor First Aid

RQF Level 3 Award (England, Northern Ireland and Wales)

Qualification title: FAA Level 3 Award in Outdoor First Aid. Code: 601/8627/6

Unit 1 title: Outdoor Emergency Action. Unit 1 code: K/508/3085

Unit 2 title: Outdoor Incident Management. Unit 2 code: M/508/3086



If your assessment of First Aid needs highlights the need for qualified First Aiders in outdoor activity, then this Level 3 qualification will provide you with suitable and highly trained personnel.

This comprehensive two-day course covers a wide range of First Aid emergencies, enabling all participants to deal with emergency situations with confidence in a prompt, safe and effective way, particularly where professional medical help is not immediately available.

This course fulfils the requirements of the First Aid element of the expedition syllabus and it is suitable for the Bronze, Silver and Gold Duke of Edinburgh awards.

Duration

A minimum of 16 hours spread over at least two days. Ideally, the course should be run over two consecutive days, but we have the flexibility to accommodate your specific needs if you so desire providing it is completed within 10 weeks of starting the course and the training sessions last for a minimum of two hours.

Syllabus

A range of outdoor First Aid related subjects are covered including:

- First Aid Equipment
- Prioritising treatment
- Environmental factors
- Moving a casualty
- Heart attacks
- Head injuries
- Chest injuries
- Burns and scalds
- Epilepsy
- Heat exhaustion
- Bandaging
- Poisoning
- Diabetes
- Minor injuries
- Assessment of the situation
- Fractures and spinal injuries
- Dealing with an unresponsive casualty
- Shock (including Anaphylaxis)
- Choking
- Eye injuries
- Abdominal injuries
- Asthma
- Hypothermia
- Bites and stings
- Control of bleeding
- Sprains and strains
- Frostbite

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Numbers

A maximum of 12 students can be accommodated on this course.

Location

We are able to deliver this course on your site, subject to a pre-course assessment of your premises, reducing your costs in respect of additional time out and travelling. We run regular open courses, please visit our website www.groundworknorthwales.org.uk/training for more information.

Assessment information

The qualification is assessed both through practical demonstration and written assessment.

A learner must successfully pass both the written and practical assessments to achieve the qualification. There is no grading of the assessment; learners pass or are referred.

Certification

Summative practical assessment is ongoing by the instructor each day, along with a written assessment on each day. A three year Level 3 Award in Outdoor First Aid will be issued to the learner, subject to successful assessment. No external assessors are required.

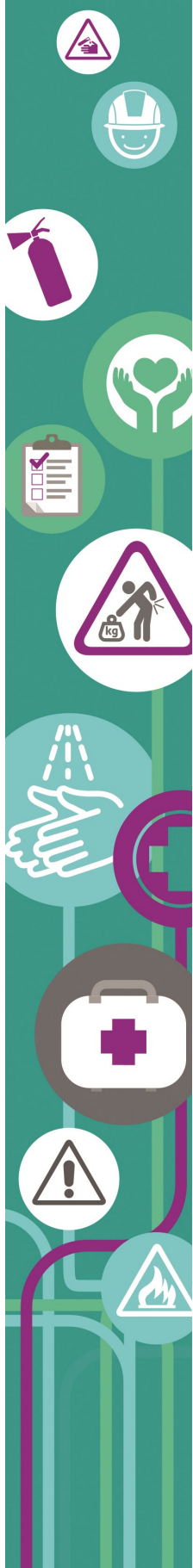


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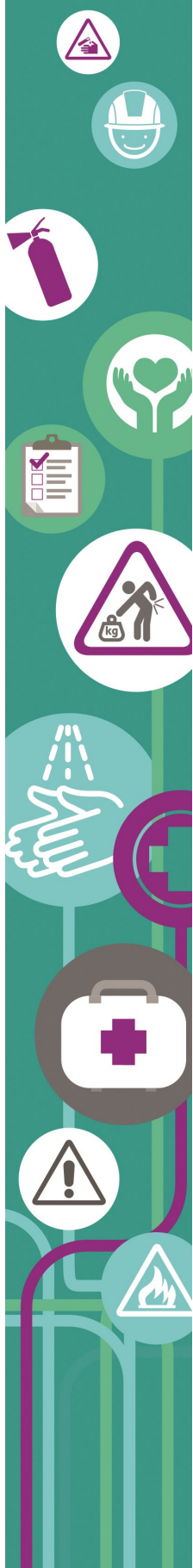


UNIT 1	OUTDOOR EMERGENCY ACTION
LEARNING OUTCOMES The learner will	ASSESSMENT CRITERIA The learner can:
1. Understand the scope of first aid in the outdoors	1.1 Describe features of outdoor first aid 1.2 Identify first aid equipment for emergency incidents in the outdoors 1.3 Summon assistance during emergency incidents in the outdoors
2. Be able to interpret vital sign information whilst responding to an emergency incident in the outdoors	2.1 Describe the principles of casualty monitoring 2.2 Monitor a casualty who is in a safe airway position 2.3 Respond to changing vital signs 2.4 Respond to signs commonly shown by a casualty suffering from the following life threatening conditions: <ul style="list-style-type: none"> • Asthma • Seizures • Hypothermia 2.5 Prioritise first aid to a casualty who requires more than one emergency first aid intervention
3. Be able to assess an emergency incident in the outdoors	3.1 Conduct a scene survey 3.2 Minimise the risk of infection to self and others 3.3 Conduct a systematic primary survey of a casualty according to current guidelines 3.4 Conduct a systematic secondary survey on a casualty who is wearing activity kit
4. Be able to respond to an incident involving an unresponsive casualty with normal breathing, in the outdoors	4.1 Place an unresponsive casualty into a suitable position to maintain a safe airway 4.2 Consider environmental factors whilst administering first aid, including: <ul style="list-style-type: none"> • Slope • Temperature • Wind direction • Strong sunlight 4.3 Manage an unresponsive casualty when assistance is more than 30 minutes away



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<p>5. Be able to respond to an incident involving an unresponsive casualty who is not breathing normally, in the outdoors</p>	<p>5.1 Administer cardiopulmonary resuscitation (CPR) on a manikin 5.2 Describe the accepted modifications in CPR protocols for:</p> <ul style="list-style-type: none"> • An unresponsive non-breathing casualty after a drowning incident • An unresponsive non-breathing child casualty • An unresponsive non-breathing casualty who is remote from immediate medical help • An unresponsive non-breathing lightning strike casualty <p>5.3 Demonstrate when and how to remove outdoor activity equipment from an unresponsive non-breathing casualty 5.4 Demonstrate action for an unresponsive vomiting casualty</p>
<p>6. Be able to respond to an incident involving a choking casualty in the outdoors</p>	<p>6.1 Describe how to identify a casualty with a:</p> <ul style="list-style-type: none"> • Partially blocked airway • Completely blocked airway <p>6.2 Administer first aid for a casualty with a:</p> <ul style="list-style-type: none"> • Partially blocked airway • Completely blocked airway
<p>7. Be able to respond to an incident involving blood loss in the outdoors</p>	<p>7.1 Identify the severity of external bleeding 7.2 Recognise and manage a casualty with shock</p>

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LEARNING OUTCOMES The learner will:	ASSESSMENT CRITERIA The learner can:
1. Be able to apply incident management and casualty assessment principles in the outdoors	1.1 Establish an incident history 1.2 Provide emotional support to a casualty 1.3 Manage a casualty who is wearing outdoor activity clothing or equipment 1.4 Justify when and how to move a casualty 1.5 Demonstrate incident management actions when accompanied by others
2. Be able to respond to an incident involving limb injury in the outdoors	2.1 Recognise and manage a casualty with an injured arm which: <ul style="list-style-type: none"> • The casualty can move/cannot move • Is not in its natural alignment 2.2 Recognise and manage a casualty with an injured leg which: <ul style="list-style-type: none"> • The casualty can move/ cannot move • Is not in its natural alignment
3. Be able to respond to an incident involving a casualty with a head, neck or torso injury in the outdoors	3.1 Recognise and manage a responsive casualty with: <ul style="list-style-type: none"> • A head injury • A chest injury • A pelvic injury • A spinal injury • An abdominal injury 3.2 Recognise and manage an unresponsive casualty with: <ul style="list-style-type: none"> • A head injury • A chest injury • A pelvic injury • A spinal injury • An abdominal injury
4. Be able to respond to an incident involving medical conditions or sudden illness in the outdoors	4.1 Recognise and manage a casualty with the signs of: <ul style="list-style-type: none"> • Short-term diabetic complications • Chest pain • Anaphylaxis • Stroke
5. Be able to respond to an incident involving the effects of cold and heat in the outdoors	5.1 Recognise and manage a casualty with the signs of: <ul style="list-style-type: none"> • Shivering • Frostbite • Heat exhaustion • Hyperthermia • Dehydration • Hypothermia
6. Be able to respond to an incident involving activity or environmental factors in the outdoors	6.1 Recognise and manage a casualty with the signs of: <ul style="list-style-type: none"> • Splinters • Burns/scalds • Stings • Object in eyes • Blisters • Animal bites • Poisoning • Bright light eye injury

