

Qualsafe Level 3 Award in Outdoor First Aid (RQF)



2 day
course



Ofqual
regulated



Course aligned
with the institute
for outdoor
learning



Course Overview

Learners who complete the **Qualsafe Level 3 Award in Outdoor First Aid (RQF)** are equipped with a broad set of skills enabling them to administer first aid in challenging outdoor surroundings which may be a few hours away from the support of the emergency services.

The course is designed for unsupported adults who run potentially high-risk activities which involve venturing out into the wilderness such as Outdoor Activity Leaders, including those participating in the Duke of Edinburgh scheme.

During the 2 day course, learners will develop the skills and knowledge needed to deal with a range of outdoor first aid situations.

What's Covered?

- Roles and responsibilities of a first aider in an outdoor environment
- Administering first aid and managing multiple casualties outdoors
- Stabilising and insulating casualties and providing shelter
- Extremes of temperature
- Fractures, head and spinal injuries
- Drowning casualties
- Different types of burns and scalds
- Secondary survey, medical conditions
- Poisoning and venomous bites
- Catastrophic bleeding
- Summoning appropriate help from emergency or rescue services

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