

Course Details

FA8A First Aid for Outdoor Activities

This course is designed for those working in the outdoors or those who spend recreational time in the outdoors. The course meets the recommendations of the Health & Safety (First Aid) Regulations 1981 issued by the Health & Safety Executive. It is delivered in accordance with the Approved Code of Practice L74 for training of candidates in first aid. The course/qualification is accepted by SSE, BASI, BCU, MLT, RYA etc

Selection of Suitable Candidates

The First Aid for Outdoor Activities course is a popular choice for those people seeking a course with approvals by many recognised organizations. The course is appropriate for teachers and youth leaders working with young people within the Dof E scheme etc.

Content

The course includes the content of the HSE Emergency First Aider at Work plus pre-existing and environmentally induced conditions. This course covers the basic essentials required to provide emergency care to a patient in an outdoor environment. It gives background and practical knowledge into a number of common illnesses and injuries that the first aider may be faced with either in the outdoor environment or in the home or workplace. The syllabus includes both adult & paediatric skills

Candidates will receive training in a wide range of first aid skills including:

- The treatment and priorities of care for an unconscious patient
- The recognition of cardiac arrest and delivery of cardio-pulmonary resuscitation (CPR) Latest guidelines.
- The ability to safely and promptly treat a patient who is bleeding
- The recognition and treatment of shock
- The recognition, signs and treatment for a range of common illnesses (heart attack, asthma, poisoning, diabetes and stroke)
- The treatment and care for an injured patient (fractures, dislocations, heat/cold exposure)
- Accident procedures in mountain environments
- The loading of stretchers
- The use of inflatable and box splints
- The use of Automated External defibrillators
- The keeping of simple records following an accident

Scenario practice is included to enable the students to apply the skills they have developed in a realistic situation.

The course follows a syllabus laid down by the Dimension – People Safe family of first aid training systems which utilises the following training methods:

- Video/DVD segments to convey essential information
- Hands on practice in groups
- Positive coaching from approved Instructors with a maximum group size of 15 students
- Up-to-date medical information presented in a stress-free learning environment
- Opportunity for self appraisal and completion of a class evaluation

Certification

Candidates who successfully complete the course will be awarded a certificate. The qualification is valid for three years.

This course is accepted as being appropriate by: Mountain Leader Training Board, Royal Yachting Association, British Canoe Union, Snowsport England, BASI, Central Council for Physical Recreation and many Education Authorities and educational establishments.

Course Duration

16 hrs

January 2010