



## QNUK Level 3 Award in Outdoor First Aid Emergency Action (RQF)



### Who is this for ?

This qualification is perfect for anyone working in the outdoors environment, particularly those working where help is available within 30 minutes such as activity centres.

The qualification is also suitable for those that may support other outdoor first aiders.

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

### Course content

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

The course includes:

- First aid for the outdoor environment
- Casualty management
- Primary survey
- Unconscious casualty management
- Resuscitation inc. children, drowning, avalanche
- Choking
- Shock
- Wounds and Bleeding

All of our outdoor first aid courses are delivered in a scenario based learning environment, ensuring candidates not only gain the knowledge but also practice their skills on a regular basis.

### Key points

- Regulated qualification
- Meets IOL requirements
- 8 hour course over 1 day
- Certificate included
- Assessed by MCQs and practical observation



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