



Qualsafe Level 2 Award in Activity First Aid (RQF)



2 day
course



Ofqual
regulated



Certificate
valid for 3 years



Course Overview

**Would you know how to provide
effective first aid in an emergency?**

The Qualsafe Level 2 Award in Activity First Aid (RQF) is a regulated and nationally recognised qualification designed for those who have a responsibility to provide first aid in activity based environments.

Successful candidates will gain the knowledge and skills needed to treat a range of conditions that could occur during any form of activity, from life threatening illnesses to minor injuries.

What's Covered?

- ➊ The role and responsibilities of a first aider
- ➋ Assessing an incident
- ➌ Managing an unresponsive casualty
- ➍ CPR and defibrillation
- ➎ Recovery Position
- ➏ Heart Attack
- ➐ Stroke
- ➑ Head, neck and back injuries
- ➒ Chest and abdominal injuries
- ➓ External bleeding and shock
- ➔ Burns and scalds
- ➕ Choking
- ➖ Poisoning
- ➗ Anaphylaxis
- ➘ Asthma
- ➙ Diabetes
- ➚ Epilepsy and seizures
- ➛ Treatment for hot and cold temperatures
- ➜ Minor injuries
- ➝ Sprains, strains, fractures and dislocations
- ➞ Eye injuries

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