



# Beyond Limits

First Aid Training



qualsafe  
registered centre

## 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?

- + The role and responsibilities of a first aider
- + Assessing an incident
- + Managing an unresponsive casualty
- + CPR and defibrillation
- + Recovery Position
- + Heart Attack
- + Stroke
- + Head, neck and back injuries
- + Chest and abdominal injuries
- + 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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