



Beyond Limits

First Aid Training



qualsafe
registered centre

Qualsafe Level 3 Award in the Fundamentals of Outdoor First Aid (RQF)



1 day
course



Ofqual
regulated



First aid for
activity-based
environments



Course Overview

The Qualsafe Level 3 Award in the Fundamentals of Outdoor First Aid (RQF) specifically teaches first aid to people who work in roles such as outdoor instructors, sports coaches, primary or secondary teachers or rural visit leaders, where they will have further support from others who will only be a short distance away.

Over 1 extended day, this course prepares learners to manage a range of outdoor first aid situations.

For learners who require a more advanced course, Qualsafe Level 3 Award in Outdoor First Aid (RQF) is also available.

What's Covered?

- + Roles and responsibilities of a first aider in an outdoor environment
- + Assess an emergency incident safely
- + Provide first aid to an unresponsive casualty
- + Choking
- + Blood loss
- + Administer first aid to a casualty with minor injuries
- + Stabilising and insulating casualties
- + Cardiac arrest
- + Unconsciousness
- + Drowning

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