

Outdoor First Aid

This comprehensive two-day qualification is designed for outdoor professionals and employees who work in rural or remote environments. It will enable learners to undertake the role of the First Aider when emergency medical assistance could be more than 30 minutes away.

It will provide learners with the skills and knowledge to respond to a range of emergency outdoor situations including when and how to move a casualty, major illnesses and injuries, administering CPR and managing an unresponsive casualty.



RQF Level 3 Award

Qualification title:	FAA Level 3 Award in Outdoor First Aid (RQF)	Code:	601/8627/6
Unit 1 title:	Outdoor Emergency Action	Unit 1 code:	K/508/3085
Unit 2 title:	Outdoor Incident Management	Unit 2 code:	M/508/3086

The qualification meets the Outdoor First Aid Band 3 requirements set by the Institute for Outdoor Learning and the requirements for the first aid element of the expedition syllabus for the bronze, silver and gold Duke of Edinburgh awards.

Duration

The minimum classroom contact time of 16 hours must be delivered over a minimum of 2 days. The course can be spread over a maximum period of 9 weeks ensuring that each session is a minimum of two hours.

Syllabus

A range of outdoor First Aid related subjects are covered including:

- What is outdoor first aid?
- Bones, joints and muscle injuries
- Monitoring
- Major illnesses
- Secondary assessment
- Burns
- Wounds and bleeding
- Bites and stings
- Incident management
- Summon assistance
- Chest and abdominal injuries
- Primary survey
- Extreme heat and cold
- Disorders of respiration
- Poisoning
- First aid equipment
- Head and spinal injuries
- Scene survey
- Anaphylaxis
- Resuscitation
- Eye injuries
- Hypovolaemic shock

Certification and requalification

The qualification is valid for three years from the date of achievement.

Learners will need to complete the full course again to requalify for a further three years. It should be noted that if the qualification expires a person is no longer considered competent to act as a first aider in the workplace.

Assessment

The assessment is carried out through practical demonstration, oral questioning and a written assessment paper. Scenarios will be set to allow learners to demonstrate the skills and knowledge they have gained.

Numbers

A maximum of 12 students are allowed and must be a minimum of 16 years of age and a certificate can be offered to all, subject to assessment.

A learner cannot assume a responsibility in the workplace until they reach the age of 16, and then it is the employer's responsibility to ensure that the person is suitable for that role.

QUALIFICATION SPECIFICATION

FAA LEVEL 3 AWARD IN OUTDOOR FIRST AID (RQF)



This qualification is designed to enable learners to undertake the role of the first aider when in rural and the more remote regions of the UK where emergency medical assistance may be more than 30 minutes away.

The learner will gain the first aid skills and knowledge to competently and confidently provide first aid in an outdoor remote environment.

The 16-hour qualification meets the Outdoor First Aid Band 3 requirements set by the Institute for Outdoor Learning and the requirements for the first aid element of the expedition syllabus for the bronze, silver and gold Duke of Edinburgh awards.



QUALIFICATION SPECIFICATION

Qualification structure

This qualification is regulated in the UK and awarded by First Aid Awards (FAA). FAA are an Awarding Organisation regulated by Ofqual and the qualification sits on the Regulated Qualifications Framework (RQF).

The qualification meets the requirements of the Institute for Outdoor Learning Statement of Good Practice for Outdoor First Aid Training.

The qualification is delivered, assessed and quality assured in accordance with the [Assessment Principles for Regulated First Aid Qualifications](#) and the protocols set by the latest Resuscitation Council Guidelines.

The qualification consists of two units which learners must successfully complete to achieve the full qualification:

FAA LEVEL 3 AWARD IN OUTDOOR FIRST AID (RQF)			Credit value	Level	GLH	TQT
QAN	601/8627/6		2	3	16	20
Unit number	Unit title	URN				
1	Outdoor Emergency Action	K/508/3085	1		8	10
2	Outdoor Incident Management	M/508/3086	1		8	10

QAN - Qualification accreditation number

URN - Unit reference number

GLH - Guided learning hours

TQT - Total qualification time

Entry requirements

The qualification is available to learners aged 16 or over.

Due to the practical nature of the first aid assessment there are physical demands and learners must be able to demonstrate their skills as in a real-life situation. As an example, the learner must be able to get to the floor unaided and demonstrate effective CPR with the casualty lying on the floor.

It is recommended that learners should hold a minimum of Level 1 in literacy or equivalent to undertake this qualification.

It may be possible to allocate a reasonable adjustment to a learner who has a disability, medical condition or learning need; learners should contact their training provider to discuss. Any reasonable adjustments granted must be in line with the [FAA Reasonable Adjustments Policy](#).

Qualification delivery

The qualification has 16 assigned guided learning hours (GLH) and 20 hours total qualification time (TQT). GLH indicates the number of classroom contact hours that the learner will undertake. TQT includes GLH but also takes into account any unsupervised learning and is an estimate of how long the average learner will take to complete the qualification.

The minimum classroom contact time of 16 hours must be delivered over a minimum of 2 days. The course can be spread over a maximum of 9 weeks ensuring that each session is a minimum of two hours.

The class ratio for this qualification is a maximum of 12 learners to 1 Trainer/Assessor.

Certification and requalification

The qualification is valid for three years from the date of achievement. It is recommended that the learner attends annual refresher training.

The learner will need to complete the full course again to requalify for a further three years. It should be noted that if the qualification expires a person is no longer considered competent to act as a first aider in the workplace.

It is prudent to arrange requalification before expiry to ensure that a workplace is not left with a shortfall of qualified first aiders.

Progression

Learners may progress on to other first aid or related qualifications. FAA also offer qualifications in health & safety including fire safety and manual handling, food safety, good nutrition, safeguarding and first aid for mental health should learners wish to diversify.



QUALIFICATION SPECIFICATION

Learning outcomes and assessment criteria

A regulated qualification has set learning outcomes and assessment criteria. The learning outcomes describe the skills and knowledge a learner will gain by successfully completing the qualification. The assessment criteria state the skills, knowledge and competence a learner will be required to demonstrate during the course assessment.

UNIT 1		OUTDOOR EMERGENCY ACTION
LEARNING OUTCOMES The learner will:	ASSESSMENT CRITERIA The learner can:	
1. Understand the scope of first aid in the outdoors	1.1 Describe features of outdoor first aid	1.2 Identify first aid equipment for emergency incidents in the outdoors
2. Be able to interpret vital sign information whilst responding to an emergency incident in the outdoors	1.3 Summon assistance during emergency incidents in the outdoors	
	2.1 Describe the principles of casualty monitoring	2.2 Monitor a casualty who is in a safe airway position
3. Be able to assess an emergency incident in the outdoors	2.3 Respond to changing vital signs	2.4 Respond to signs commonly shown by a casualty suffering from the following life threatening conditions:
	2.5 Prioritise first aid to a casualty who requires more than one emergency first aid intervention	
4. Be able to respond to an incident involving an unresponsive casualty with normal breathing, in the outdoors	• Asthma	3.1 Conduct a scene survey
	• Seizures	3.2 Minimise the risk of infection to self and others
5. Be able to respond to an incident involving an unresponsive casualty who is not breathing normally, in the outdoors	• Hypothermia	3.3 Conduct a systematic primary survey of a casualty according to current guidelines
	3.4 Conduct a systematic secondary survey on a casualty who is wearing activity kit	
6. Be able to respond to an incident involving a choking casualty in the outdoors	4.1 Place an unresponsive casualty into a suitable position to maintain a safe airway	4.2 Consider environmental factors whilst administering first aid, including:
	4.2 Consider environmental factors whilst administering first aid, including:	
7. Be able to respond to an incident involving blood loss in the outdoors	• Slope	4.3 Manage an unresponsive casualty when assistance is more than 30 minutes away
	• Temperature	
	• Wind direction	
	• Strong sunlight	
	5.1 Administer cardiopulmonary resuscitation (CPR) on a manikin	
	5.2 Describe the accepted modifications in CPR protocols for:	
	• An unresponsive non-breathing casualty after a drowning incident	
	• An unresponsive non-breathing child casualty	
	• An unresponsive non-breathing casualty who is remote from immediate medical help	
	• An unresponsive non-breathing lightning strike casualty	
	5.3 Demonstrate when and how to remove outdoor activity equipment from an unresponsive non-breathing casualty	
	5.4 Demonstrate action for an unresponsive vomiting casualty	
	6.1 Describe how to identify a casualty with a:	
	• Partially blocked airway	
	• Completely blocked airway	
	6.2 Administer first aid for a casualty with a:	
	• Partially blocked airway	
	• Completely blocked airway	
	7.1 Identify the severity of external bleeding	
	7.2 Recognise and manage a casualty with shock	



QUALIFICATION SPECIFICATION

UNIT 2		OUTDOOR INCIDENT MANAGEMENT	
LEARNING OUTCOMES		ASSESSMENT CRITERIA	
The learner will:		The learner can:	
1. Be able to apply incident management and casualty assessment principles in the outdoors		1.1 Establish an incident history	
		1.2 Provide emotional support to a casualty	
		1.3 Manage a casualty who is wearing outdoor activity clothing or equipment	
		1.4 Justify when and how to move a casualty	
		1.5 Demonstrate incident management actions when accompanied by others	
2. Be able to respond to an incident involving limb injury in the outdoors		2.1 Recognise and manage a casualty with an injured arm which:	
		• The casualty can move	
		• The casualty cannot move	
		• Is not in its natural alignment	
		2.2 Recognise and manage a casualty with an injured leg which:	
		• The casualty can move	
		• The casualty cannot move	
		• Is not in its natural alignment	
3. Be able to respond to an incident involving a casualty with a head, neck or torso injury in the outdoors		3.1 Recognise and manage a responsive casualty with:	
		• A head injury	
		• A spinal injury	
		• A chest injury	
		• An abdominal injury	
		• A pelvic injury	
		3.2 Recognise and manage an unresponsive casualty with:	
		• A head injury	
		• A spinal injury	
		• A chest injury	
		• An abdominal injury	
		• A pelvic injury	
4. Be able to respond to an incident involving medical conditions or sudden illness in the outdoors		4.1 Recognise and manage a casualty with the signs of:	
		• Short-term diabetic complications	
		• Chest pain	
		• Stroke	
		• Anaphylaxis	
5. Be able to respond to an incident involving the effects of cold and heat in the outdoors		5.1 Recognise and manage a casualty with the signs of:	
		• Shivering	
		• Hyperthermia	
		• Frostbite	
		• Dehydration	
		• Heat exhaustion	
		• Hypothermia	
6. Be able to respond to an incident involving activity or environmental factors in the outdoors		6.1 Recognise and manage a casualty with the signs of:	
		• Splinters	
		• Blisters	
		• Minor burns/scalds	
		• Animal bites	
		• Stings	
		• Poisoning	
		• Object in eyes	
		• Bright light eye injury	



QUALIFICATION SPECIFICATION

ASSESSMENT INFORMATION

The qualification is assessed through practical demonstration including oral questioning and written assessment.

A learner must successfully pass both the written and practical assessments to achieve the qualification. There is no grading of the assessment; learners pass or are referred.

Practical assessment

Scenarios will be set to enable a learner to demonstrate their knowledge and practical skills. During the practical assessment, the learner will be asked supporting questions by the Trainer/Assessor.

The practical assessment is ongoing throughout the course but the Trainer/Assessor will make learners aware of when they are being assessed.

The learner must satisfactorily complete each scenario to successfully pass the practical assessment.

Written assessment

A learner must successfully complete a written assessment paper containing both multiple choice and open questions.