



# Department for Education



**WORK  
SKILLS**

## OUTDOOR FIRST AID

### COURSE SUMMARY:

This 16 hr practical course is delivered outdoors within a woodland habitat and is ideal if you are looking to work in the outdoors or if you are working in outdoor centres, supporting the Duke of Edinburgh Award scheme or volunteering with outdoor groups.

The course is certified and the syllabus covers all aspects required of National Governing Bodies (NGBs) such as Mountain Training, British Canoe Union and the Royal Yacht Association for those that require outdoor first aid training to support their NGB qualifications.

### ENTRY REQUIREMENTS:

- Aged over 19

### WHAT WILL YOU DO ON THIS COURSE?

- ✓ **Assess and** prioritise a first aid incident
- ✓ **Deal with** an unconscious casualty
- ✓ **Control** scalds and burns
- ✓ **Control** bleeding and manage shock
- ✓ **Manage** snake bites and tick removal
- ✓ **Manage** allergic reactions
- ✓ **Control** and manage fractures, spinal injuries and head injuries
- ✓ **Understand** how mountain/lowland rescue works
- ✓ **Maintain** communications with police, ambulance, mountain or lowland rescue
- ✓ **Manage** hypo/hyperthermia
- ✓ **Use and** maintain first aid kits
- ✓ **Carry out** resuscitation (CPR) and use of AED de-fib machines
- ✓ **Manage first** aid conditions such as asthma, epilepsy, diabetes
- ✓ **Manage** soft tissue injuries, including sprains and strains
- ✓ **Manage** and deal with outdoor specific first aid incidents



**AWARD:**  
Unaccredited

### PROGRESSION FROM THIS COURSE:

On completion of the course you can progress onto other Outdoor Skills courses or work towards one of the many National qualifications in outdoor adventurous activities.



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FUTURE=S**

Enhancing people's lives

**THE GATEWAY TO LEARNING IN YOUR COMMUNITY**