



Course Information Sheet

Course Title:	Level 3 Award in Outdoor First Aid (16hrs)
Course Duration:	❖ A minimum of 16 hours spread over at least two days. Ideally, the course should be run over two consecutive days, but we have the flexibility to accommodate your specific needs if you so desire providing it is completed within 10 weeks of starting the course and the training sessions last for a minimum of two hours.
Course Location:	❖ This course is typically run from Orton or Thirlmere Village Halls as both venues give us quick and easy access to appropriate terrain. However we are happy to run the course anywhere in the UK or Alps.
Who is this course for:	<ul style="list-style-type: none"> ❖ No prior First Aid knowledge is required to attend this course. ❖ This course is suitable for those seeking to revalidate an existing qualification. ❖ If your assessment of First Aid needs highlights the need for qualified First Aiders in outdoor activity, then this Level 3 qualification will provide you with suitable and highly trained personnel. ❖ This comprehensive two-day course covers a wide range of First Aid emergencies, enabling all participants to deal with emergency situations with confidence in a prompt, safe and effective way, particularly where professional medical help is not immediately available. ❖ This course meets the requirements for an Outdoor First Aid certificate for MTA, AMI, BAIML, BMG, BCU and most recognised outdoor qualification awarding bodies. ❖ This course fulfils the requirements of the First Aid element of the expedition syllabus and it is suitable for the Bronze, Silver and Gold Duke of Edinburgh awards. ❖ There is sufficient content in this course to satisfy the requirements of the HSE in respect of Emergency First Aid at Work. An additional certificate can be provided to evidence this to an employer.
Course Format:	<ul style="list-style-type: none"> ❖ This course is a mixture of classroom, hall and on the hill training. It covers multiple learning styles to maximise candidate engagement and learning. ❖ Candidates will be required to participate in activities (subject to any physical limitations) . ❖ Mountain Services believe that candidates learn best in a safe fun and engaging environment

Syllabus:

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

ÉFirst Aid Equipment	ÉAssessment of the situation	ÉPrioritising treatment
ÉEnvironmental factors	ÉDealing with an unresponsive casualty	ÉBandaging
ÉMoving a casualty	ÉShock (including Anaphylaxis)	ÉFractures and spinal injuries
ÉHeart attacks	ÉChoking	ÉControl of bleeding
ÉHead injuries	ÉEye injuries	ÉPoisoning
ÉChest injuries	ÉAbdominal injuries	ÉSprains and strains
ÉBurns and scalds	ÉAsthma	ÉDiabetes
ÉEpilepsy	ÉHypothermia	ÉFrostbite
ÉHeat exhaustion	ÉBites and stings	ÉMinor injuries

Certification:	<ul style="list-style-type: none"> ❖ Summative practical assessment is ongoing by the instructor each day, along with a written assessment on each day. ❖ Candidates must physically be able to demonstrate CPR - this will require being able to kneel on the floor. Candidates unable to do so <i>may</i> be issued a certificate of attendance with an exemption noted. ❖ A three year Level 3 Award in Outdoor First Aid will be issued to the learner, subject to successful assessment. No external assessors are required.
Age restrictions & course numbers:	<ul style="list-style-type: none"> ❖ 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 student is suitable for that role.
What do you need to bring:	<ul style="list-style-type: none"> ❖ All learning material will be provided by Mountain Services, but clients should bring something to take notes. ❖ Candidates are asked to bring their usual full hill kit for the duration of the course - including your own first aid kit if you have one. ❖ This course takes place outdoors - so you should bring warm clothes, waterproof, hat & gloves. You will need to bring lunch, snack and a drink. You will also need to bring any personal items you require.

