



Who is this for?

The qualification is aimed at those needing to provide first aid in sporting activities. The two day delivery meets the requirements of several sports governing bodies.

The qualification also meets the requirements for the emergency first aid at work qualification.

Key points

- Regulated qualification
- Meets IOL requirements
- 16 hour course over 2 days
- Valid for 3 years
- Certificate included
- Assessed by MCQs and practical observation

Course content

This qualification has been developed to meet the first aid training requirements outlined by the forest Schools association, the HSE and the EYFS.

The course includes:

- First aid in activities
- Casualty management
- Primary survey
- Unconscious casualty management
- Resuscitation Inc. children, drowning
- Choking
- Shock
- Wounds and Bleeding
- Medical conditions
- Head injuries
- Fractures
- Poisons
- Bites and stings
- Effects of heat and cold, Inc. hypothermia, frost bite and dehydration