



Outdoor Emergency Action

HSE no. 1670/96

The outdoor environment nearly always means that any casualty has to be looked after for a longer time scale than is typical in an urban setting. All React First outdoor first aid courses look at how to manage remote outdoor situations and the casualty appropriately.

All our trainers are fully at home in the outdoors and understand the issues, dilemmas and judgments required when dealing with incidents in potentially hostile remote environments. We follow Health and Safety approved code of practice guidelines and hands-on training is the hallmark of this course, it is ideal for those whose work or leisure place is remote.

The RGS Expedition Medicine Handbook states, *"It has been shown that people trained in first aid are more safety conscious and have fewer accidents than untrained people"*

In addition to these standard courses we also research, design and tailor courses for every activity or interest. If you are interested in having a custom designed course to suit you or your group, delivered at any location please contact us with your requirements.

Outdoor Emergency Action – 8hrs

A one day basic first aid course (minimum 8 hours) which covers the essentials of managing immediate, potentially life threatening incidents in a systematic manner. Ideal for Appointed Persons and anyone who is required to take charge at an incident.

Our modular progressive training programme allows this Unit to be the first module of a 16-hour Outdoor First Aid course. In order to gain the full ITC Level 2 Award in Outdoor First Aid unit 1 and unit 2 must be completed within 8 weeks of each other.

Certificates are valid for three years. No previous first aid experience is required to attend this course.

Course Content

- **Vital Signs** – breathing, level of consciousness, temperature, colour
- **Incident Management** – a systematic approach to managing first aid incidents
- **Airway Management** – causes and treatment of unconscious collapse
- **Breathing Problems** - choking
- **Circulation Problems** – Internal bleeding, external bleeding and treatment for shock
- **Cardiopulmonary resuscitation (CPR)**
- **Awareness of current regulations**
- **Safe best practice**

Cost

Individuals - £85.

Groups up to 12 - £600

Groups up to 24 - £1050

Recognition

React First is a centre approved by the QCA awarding body [ITC First Aid Ltd](#) and also the HSE Approved organisation [Immediate Temporary Care](#). This qualification is on the National Database of Approved Qualifications (NDAQ) as a Level 2 Award in Outdoor First Aid and is certificated through ITC First Aid.



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Why Use React First?

Nationally Recognised Qualifications

React First is one of the only training providers in the UK able to deliver Health and Safety Executive (HSE) First Aid at Work and also Qualifications and Curriculum Authority (QCA) approved Outdoor Emergency First Aid courses, using ITC First Aid (ITC) certification.

Outstanding Trainers and Training Techniques

All React First instructors use ITC training methods to deliver innovative training courses suitable for all sectors and with specialisation for those who need training for unusual environments.

Our ITC trained instructors undergo a rigorous training programme, preparing them to deliver innovative, interactive, enjoyable, purposeful and practical training using modern methods and resources. Trainers are monitored and supervised by the ITC national registration scheme. They undergo continuing professional development and are aware of current best practice throughout the world as well as following UK and European guidelines. For specialist environment training they attend further training courses under the guidance of the Training Director. Continual research into new developments and training techniques ensures a progressive training programme.

In addition to being professional first aid instructors all of our trainers have travelled worldwide, frequently in remote and dangerous regions and we are acutely aware of the measures needed to stay safe.

Specific Trainers assigned to Individual Clients

Where ever possible we like to ensure that if you've been happy with a trainer in the past then all your future training is by the same person. By understanding your workplace environment we make sure that all courses are tailored to suit your needs.