



ITC Certificate in Outdoor First Aid

SQA Accreditation

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”*

ITC Certificate in Outdoor First Aid – 16hrs

A 2 day (minimum 16 hrs) course designed for group leaders, outdoor professionals and the outdoor enthusiast who may be away from immediate help for some time. Certificates are valid for three years and fulfil the needs of the UK outdoor national governing bodies for their instructor awards, such as BMG, IML, SPA, BASI, ML, MIA, MIC etc.

No previous first aid experience is required to attend this course.

Certificates

Those who complete the course successfully are awarded a certificate that is valid for three years. The certificate entitles the holder to be a First Aider for 3 years from date of issue.

Additional Emergency First aid at Work certificate – The HSE Emergency first Aid at Work syllabus is embedded in this course and for simply an administration fee we can also award successful attendees this as a second, additional certificate.

Course Content

- **Vital Signs** – breathing, level of consciousness, temperature, colour.
- **Incident Management** – a systematic approach to managing first aid incidents. ABCDE.
- **Airway Management** – causes and treatment of unconscious collapse. Safe Airway Positions.
- **Breathing Problems** – choking.
- **Circulation Problems** – Internal bleeding, external bleeding and treatment for shock .
- **Damage** – treatment of injury: head, spine, chest, abdomen, pelvis, leg & arm and remote improvisation techniques.
- **Environmental Considerations** – hypothermia, hyperthermia and cold injuries. Acute mountain sickness.
- **Casualty Monitoring**
- **Cardiopulmonary Resuscitation (CPR)**
- **Common Illnesses** – angina, heart attack, asthma, diabetes and epilepsy
- **Awareness of current regulations**
- **Safe best practice**

Cost (exc. VAT)

Individuals	Group course. Max 12 (1 Trainer)	Group course. Max 24 (2 trainers)	Additional EFAW certificate
£125 + vat	£840 + vat	£1580 + vat	£20 per head

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Recognition

React First is a centre approved by the QCA Awarding Organisation and SQA Awarding Body [ITC First Aid Ltd](#) and also the HSE Approved organisation [Immediate Temporary Care](#). This qualification is part of the Scottish Qualifications and credits Framework (SQCF) it is recognised throughout the UK and is certificated through ITC First Aid Ltd.

Testimonials

"Out of all the first aid course i have been on the teaching on this one was far superior to the others - meaning that i took in more information and came away more confident"

Alison Culshaw, BASI Level 4 ISTD and AMI member

"The React First 'Outdoor First Aid' course provided intensive hands-on training, essential for our staff who work in all sorts of weather conditions with machinery and tools. The training was very thorough, easy to understand and all staff thoroughly enjoyed the emergency scenarios. I highly recommend this course!"

Kirsty Wedge, Events Coordinator, Trees for Cities

"Very good course. I would recommend it to any outdoor professional. Trainer was very good - enthusiastic, helpful etc"

Dave Cumming, British Mountain Guide

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 nationally recognised qualifications from the UK and Scottish Qualification Frameworks in Outdoor, Sport and Paediatric first aid, using ITC First Aid 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 interactive, enjoyable 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.

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