



Suitable Training Content	Basic First Aid Training (Category A)	eFAW +* (Category B)	Outdoor First Aid Training (Category C)
The role of the first aider	✓	✓	✓
The need for recording incidents and actions	✓	✓	✓
Use of available equipment	✓	✓	✓
Assess the situation and circumstances in order to act safely, promptly, and effectively in an emergency	✓	✓	✓
Administer cardiopulmonary resuscitation	✓	✓	✓
Administer First Aid to a casualty who:			
Is unconscious (including seizure)	✓	✓	✓
Is choking	✓	✓	✓
Is wounded and bleeding	✓	✓	✓
Is suffering from shock	✓	✓	✓
Has minor injuries (including small cuts, grazes and bruises, minor burns and scalds, small splinters)	✓	✓	✓
Has injuries to bones, muscles, and joints		✓*	✓
Protocol for CPR (young people and drowning)		✓*	✓
Has burns and scalds			✓
Has chest injuries			✓
Has eye injuries			✓
Has sudden poisoning			✓
Has anaphylactic shock			✓
Recognise the presence of major illness and provide appropriate First Aid (including heart attack, stroke, epilepsy, asthma, diabetes)			✓
Spinal Injuries			✓
Cold injuries, e.g. hypothermia and frost nip/bite			✓
Heat injuries, e.g. heat exhaustion, heat stroke, blisters, dehydration			✓
First Aid procedures when working in remote regions (including call for help, methods of evacuation)			✓
Specifics and limitations of administering First Aid in an outdoor environment			✓
Electric shock (particularly from lightning)			✓
Bites and stings (including sheep ticks)			✓





Training content is based on guidelines published by:

- UK Resuscitation Council
- National Institute of Clinical Healthcare Excellence
- Joint Royal College of Ambulances Liaison Committee
- Royal College of Surgeons Faculty of Pre-Hospital Care
- Wilderness Medical Society
- Currently accepted guidance and best practice from advisory bodies and published evidence for the treatment of First Aid in a remote or wilderness context.

UK Athletics will review the course content every two years against the above guidelines.

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