

Activity First Aid

Aim

This two-day comprehensive course provides learners with the skills and knowledge to deal with a range of first aid situations, including skills often required in a lower risk outdoor setting. The course will cover the EFAW qualification.

Target Group

This course is ideal for those who are involved in any form of activity including sports, leisure and recreation.

Delivery method, venue and duration - date(s) to suit you

- Face-to-face in your own training room over two-days, OR
- 1 day virtual, 1 day face-to-face in your own training room.

Learning outcomes: by the end of this session participants should have covered the following areas:

- Responsibilities of a first aider
- Action in an emergency
- Unconscious casualty
- Resuscitation and Defibrillation
- Head injuries
- Fractures
- Drowning injuries
- Electrical injuries
- Heat and cold
- Heart attacks
- Minor injuries
- Bleeding control
- Diabetes
- Spinal injuries
- Angina
- Choking
- Seizures
- Shock
- Asthma
- Burns
- Choking

Training methods used

All of our training sessions are intended to be as interactive as possible. Participants are encouraged to ask questions, make comments and bring up their own experiences. We use lots of different methods including quizzes, role play, video clips, as well as direct teaching. We want participants to leave the session saying “that was really enjoyable - and it was directly relevant to my working life.”

Accredited or non-accredited first aid training?

We offer both accredited and non-accredited first aid training, the content is the same. For the accredited course, successful participants will be awarded the Ofqual Level 3 Activity First Aid AND Ofqual Level 3 Emergency First Aid at Work, which is valid for three years. Maximum numbers are 16 per session for unaccredited first aid training and 12 per session for accredited first aid training.