

Yr Hafod

First Aid Rescue Emergency Care Level 2

Overview

The Rescue Emergency Care (REC) Level 2 course weekend is designed to introduce a practical and systematic way for managing a first aid situation. Classroom teaching and practical sessions are mixed with scenarios to give real live experiences.

The Emergency First Aid course is certified for three years and it qualifies as a “Full First Aid Certificate” for The Scout Association (the minimum required for groups undertaking adventurous activities in Terrain Two). It is also the approved course for Mountain Training, British Canoeing and Royal Yachting Association courses.

We dual certify our first aid course. You will receive both a REC Level 2 and Emergency First Aid at Work certificate.

The course includes full catering and indoor accommodation.

Programme

The two day (16 hour) programme includes;

- Assessing a casualty
- Introduction of a system to cope with incidents as safely as possible
- Deciding how to deal with an accident or incident
- Awareness of delayed medical help and adverse environmental conditions

The course is progressive by building on each session, introducing new scenarios to test techniques for;

- Emergency – vital signs, emergency action, airway, unconscious, choking, bleeding, breathing and circulation, CPR
- Environment – heat stress, cold stress, hot injuries, cold injuries
- Illness – chest pain, stroke, asthma, epilepsy, diabetes
- Injury – head, spine, chest, abdomen, pelvis, bones, soft tissue, eye
- Rescue – transportation, communication

Experience required

None.

