

## Emergency First Aid for the Outdoors

### Overview

The Rescue Emergency Care (REC) Emergency First Aid for the Outdoors course (formerly REC Level 2) 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 course is 16 hours long and certified for three years. 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 recognised for Mountain Training, British Canoeing and Royal Yachting Association courses. We dual certify our first aid course, your certificate will be valid for the REC Emergency First Aid and Emergency First Aid at Work qualifications.

The course includes full catering and indoor accommodation.

You can book online at [yr-hafod.org.uk/wp/training/first-aid](http://yr-hafod.org.uk/wp/training/first-aid).

### 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



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- Injury – head, spine, chest, abdomen, pelvis, bones, soft tissue, eye
- Rescue – transportation, communication

### **Experience required**

None.

### **What to bring**

The course is run inside and outside our hostel. You should wear loose-fitting clothing and flat shoes as the course involves practical exercises.

Some of the practical elements will take place outside in the immediate area of the hostel. Please ensure you bring suitable footwear and clothing for adverse weather conditions you would use on a normal mountain day, including a torch/head torch.

It is important to remember that the duties of a first aider can be physically demanding. You must be free from any condition that will affect your participation in the course and your capability to carry out the duties of a first aider.

### **End of course and feedback**

The course offers a continual assessment over the weekend. Following a successful completion of the REC Emergency First Aid for the Outdoors course an individual certificate will be sent to you within four weeks.

### **Further information**

The Rescue Emergency Care website [recfirstaid.net](http://recfirstaid.net) gives full details of the Emergency First Aid for the Outdoors course.



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