



## Quasafe Level 3 Award in Outdoor First Aid (RQF)



2 day  
course



Ofqual  
regulated



Course aligned  
with the institute  
for outdoor  
learning



### Course Overview

Learners who complete the **Quasafe Level 3 Award in Outdoor First Aid (RQF)** are equipped with a broad set of skills enabling them to administer first aid in challenging outdoor surroundings which may be a few hours away from the support of the emergency services.

The course is designed for unsupported adults who run potentially high-risk activities which involve venturing out into the wilderness such as Outdoor Activity Leaders, including those participating in the Duke of Edinburgh scheme.

During the 2 day course, learners will develop the skills and knowledge needed to deal with a range of outdoor first aid situations.

### What's Covered?

- ⊕ Roles and responsibilities of a first aider in an outdoor environment
- ⊕ Administering first aid and managing multiple casualties outdoors
- ⊕ Stabilising and insulating casualties and providing shelter
- ⊕ Extremes of temperature
- ⊕ Fractures, head and spinal injuries
- ⊕ Drowning casualties
- ⊕ Different types of burns and scalds
- ⊕ Secondary survey, medical conditions
- ⊕ Poisoning and venomous bites
- ⊕ Catastrophic bleeding
- ⊕ Summoning appropriate help from emergency or rescue services

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