



First Aid for Environment based Occupations around Water

Covering both water and +F (Forestry, Farming, Fishing & Field Sports)

ITC Level 3 Awards

Outdoor First Aid

and

+Forestry Emergency
First Aid at Work (RQF)

A course accredited by
ITC First

Course details

ITC Level 3 Award in Outdoor First Aid

16 hours of content usually run from 9am to 6pm each day.

This Ofqual regulated qualification is designed to meet the needs of those working away from immediate assistance (more than 30 mins) in the remote and rural regions of the UK.

This course is recognised throughout the UK and is the course of choice for experienced practitioners who use the outdoors. It is suitable for workers in rural and remote settings and will maintain the licence to practice for those with Outdoor National Governing Body Instructor awards.

The course meets the requirements of the [Institute for Outdoor Learning Statement of Good Practice](#) for Outdoor First Aid Training at Band 3.

This 16 hour course consists of 2 units:

- Unit 1 - Outdoor Emergency Action
- Unit 2 - Outdoor Incident Management

This course combines the OFA and EFA which is detailed below: All elements including Water & '+F' in a 2-day course.





Topics include:

- Roles & responsibilities of the outdoor first aider
- Dealing with collapse (with and without breathing)
- CPR and AED
- CPR for drowning
- Choking
- Dealing with major bleeding
- Shock
- Major illnesses and conditions such as Asthma, Anaphylaxis and Diabetic emergency
- Torso and limb injuries including immobilisation of arm and leg injuries
- Bites, stings and poisons
- Heat and cold injuries including immersion hypothermia
- Using first aid kit
- Outdoor specific scenarios and outdoor incident management
- Answering queries such as when or how to remove boots, helmets
- Looking after a casualty for some hours.
- Plus: +F Emergency First Aid at Work (+F EFAW) qualification content.

This qualification is designed to provide outdoor incident management skills. Typical delivery methods are predominantly practical, with elements occurring out of doors in outdoor clothing and on various terrains. The course is assessed by continual observation of candidate performance.



ITC Level 3 Award in +Forestry Emergency First Aid at Work (RQF)

8 hours of content usually run from 9am to 6pm each day

“Employers must make sure employees get immediate help if taken ill or injured at work.”

The law applies to every workplace and to the self-employed.

You must have:

- a suitably stocked first aid kit
- an appointed person or people to take charge of first aid arrangements
- information for all employees telling them about first aid arrangements

 [hse.gov.uk](https://www.hse.gov.uk)

Employers have to risk assess their workplace first aid requirements, further advice on this can be found on the HSE website [hse.gov.uk](https://www.hse.gov.uk)

The 1-day +F Emergency First Aid at Work (+F EFAW) qualification is one of the statutory qualifications for this purpose, with a particular emphasis on +F requirements set out in the Forestry Commission First Aid guidance PPG 59.

There are other “+F” type settings where the risk assessment indicates that employees may be faced with life-threatening incidents where there are additional hazards that need “+F” skills, then the +F EFAW is the qualification that meets this need. In addition to Forestry, other “+F” type settings include Farming, Fishing and Field Sports.

Topics include the usual EFAW content; roles & responsibilities, assessing incidents, dealing with collapse (with and without breathing), choking, bleeding, shock, seizures, minor workplace incidents, using first aid kit.

The “+F” content includes the Forestry Commission guidance from First Aid - PPG 59: life threatening bleeding, crush injuries, hypothermia and Lyme disease.

This qualification is designed to provide essential life saving skills. Typical delivery methods are predominantly practical and the course is assessed by continual observation of learner performance.





Six to ten candidates can be accommodated per course if taking place at Gailey Wharf Training Centre. Candidate numbers for off-site courses would be a minimum of six, maximum twelve, depending upon the training room and facilities for practical exercises.



Technical / Compliance Enquiries & Bookings:

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