



First Aid for Environment based Occupations around Water

First Aid courses especially adapted to suit those working on or near water, namely in a marine environment

Covering both

Water and +F (Forestry, Farming, Fishing & Field Sports) ITC Level 3 Award in Outdoor First Aid (RQF)

and

+Forestry Emergency First Aid at Work (RQF)

A course accredited by
ITC First

Are you an individual or a business operating in or near water? Do you or your employees use powered equipment such as Chainsaws? Are you working in a remote, or away from immediate help, environment?

You need First Aid Qualifications that cover the requirements of your workplace. It is important to consider the specific needs of your organisation when booking your first aid training.

Further advice on this can be found on the HSE website [hse.gov.uk](https://www.hse.gov.uk)

“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

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)



Your Operational Procedures should detail the level of training required by your Teams:



Birmingham & Midland Marine Services Ltd with Peritia Training Ltd have two levels of training available, depending upon your requirements.

We can deliver either a 1-day or a 2-day training course for your organisation, at our premises or your own, if suitable.

We provide both a 1-day, basic course, that will qualify the successful candidate in the following: (Options A & C combined – see below)

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

and

ITC Level 3 Award in Outdoor First Aid Emergency Action (RQF)

Or:

A more in-depth qualification is the 2-day course that covers managing a casualty in a remote environment. This also covers potential limb, chest, head and spine injuries. (Options A & B combined – see below)

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

and

ITC Level 3 Award 16 Hour Outdoor First Aid (RQF)

Option 'A'

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

Who is this for?

Employers who need to fulfil their workplace first aid requirements and also meet the Forestry Commission First Aid Guidance (PPG 59).

What does this cover?

- Role and responsibilities of the first aider
- Assessing incidents
- Dealing with collapse
- CPR and use of AED
- Choking
- Bleeding
- Life Threatening Bleeding
- Crush injuries
- Shock
- Seizures
- Hypothermia
- Lyme disease
- Adder bites
- Emergency Planning

How long is the course?

8 hours (not including breaks) when combined with Option C.





Option 'B'

ITC Level 3 Award 16 Hour Outdoor First Aid (RQF)

Who is this for?

Individuals and businesses who are operating in remote environments or where help may take some time to arrive.

What does this cover?

- Role and responsibilities of the first aider
- Dealing with collapse
- CPR and AED
- Drowning and CPR for drowning
- Choking
- Bleeding
- Life threatening bleeding
- Shock
- Major illness
- Torso and limb injuries
- Effects of the environment
- Heat injuries
- Cold injuries including cold water immersion and cold water shock
- First aid kit and its use
- Managing an incident in a remote, outdoor environment.

How long is the course?

16 hours (not including breaks), usually run over two days when combined with Option A.

Option 'C'

ITC Level 3 Award in Outdoor First Aid Emergency Action (RQF)

This is an 8 hour course covering the Emergency first aid part of Outdoor First Aid.

Who is this for?

For Outdoor working environments where the Emergency First Aid is deemed sufficient by the workplace risk assessment.

What does this cover?

- Role and responsibilities of the first aider
- Dealing with collapse
- CPR and AED
- Drowning and CPR for drowning
- Choking
- Bleeding
- Life threatening bleeding
- Shock
- First aid kit and its use
- Managing an incident in a remote, outdoor environment.

How long is the course?

8 hours (not including breaks) usually run as a 1-day course

Both certificates? Yes! you can complete both sets of the options above over a one- or two-day period and receive two certificates.





Technical / Compliance Enquiries & Bookings:

Birmingham & Midland Marine Services Ltd
Gailey Wharf Operations & Training Centre,
The Wharf,
Watling Street,
Gailey,
Staffordshire.
ST19 5PR.

Tel: 01902 544329 (Weekdays 0900-1700)

Email: office@midlandmarine.co.uk

Website: www.midlandmarine.co.uk

Copyright Statement

The copyright and ownership of all photographs shown below are held by Peritia Training. The photographs were taken during Peritia Training courses, with the permission of the learners featured.

The images include photographs taken during an Outdoor First Aid course hosted by Rooted in Nature, Norwich, beside the River Wensum, together with photographs taken during Peritia Training open courses held in Essex and Suffolk.