**ITC Certificate in Outdoor First Aid at SCQF Level 6**

This qualification is designed to meet the needs of those working in areas where emergency assistance may be more than 30 minutes away in the remote and rural regions of the UK. This outdoor first aid qualification is externally regulated and meets the standards to appear upon the national qualifications framework of Scotland. This course is recognised throughout the UK and is the course of choice for experienced practitioners who use the outdoors.

The qualification introduces emergency life support skills in the context of an outdoor work setting and our aim is to make you “advanced at basic first aid, not basic at advanced techniques”

As a first aider you are not a medical practitioner and so you are not required to carry out surgical procedures or administer medication – it is important therefore that you operate within the boundaries of your training.

This course is practical in nature and involves kneeling, bending and lying down. If you have any medical conditions or injuries which could affect your performance please inform your trainer so we can make adjustments to allow you to participate safely in the course.

This course is assessed by continuous observation by the trainer and completion of a short multiple-choice question paper . Please do not worry about this! It is unlikely you will notice the trainer assessing you and the test paper only asks questions about topics covered on the course.

The qualification is valid for three years and gives you a ‘licence to practice’ as a first aider.

HSE strongly recommends that first-aiders undertake annual refresher training, over half a day, during any three-year certification period. Although not mandatory, this will help qualified first-aiders maintain their basic skills and keep up to date with any changes to first-aid procedures.

Candidates should be aware that Swift First Aid has policies in place to address and manage any issues arising. Should you be dissatisfied with any part of the training, please in the first instance discuss this with your trainer – they should be able to resolve any concerns you have.

**Health & Safety**

Do be careful when moving and handling casualties to prevent injury. Take special care when working on hard floors and ensure the casualty’s head is protected at all times.

Do tell the trainer if you have any concerns about your physical and emotional well-being. Perhaps you have recently been involved in an accident or a family member or friend has been very unwell. Sometimes the practical part of the course can cause flashbacks – if this happens make your trainer aware.

Consider the importance of hand hygiene at all times. Please wash your hands after toilet breaks, refreshment breaks, practical activities and if you need to blow your nose or your hands come into contact with your face.

Candidates will have the use of their own manikin for the duration of the course. Please use manikin wipes to clean the face and around the mouth after each use.

If you have long hair, please tie it back so it does not touch candidates faces during practical sessions.

**Covid-19: Safety Overview**

**Maintain physical distancing of 2m (6 ft) where possible**

Exceptions: practical sessions

**Pay attention to hand hygiene at all times**

Use hand gels & wash hands with soap & water. Dry using clean towel

Cough into tissues and dispose

Do not touch face

**Use PPE for practical sessions** where physical distancing cannot be maintained and where you will be in physical contact with another learner.



Swift First Aid

June 2020