



Who is this for?

This qualification is perfect for anyone working in the outdoors environment, particularly those working where help is available within 30 minutes such as activity centres.

The qualification is also suitable for those that may support other outdoor first aiders

The qualification is open to those over 14 years of age.

Key points

- Regulated qualification
- Meets IOL requirements
- 8 hour course over 1 day
- Valid for 3 years
- Certificate included
- Assessed by MCQs and practical observation

Course content

This qualification has been developed to meet the first aid training requirements outlined by Institute of outdoor learning.

The course includes:

- First aid for the outdoors environment
- Casualty management
- Primary survey
- Unconscious casualty management
- Resuscitation Inc. children, drowning, avalanche
- Immersion in water
- Choking
- Shock
- Wounds and bleeding

All of our outdoor first aid courses are delivered in a scenario based learning environment, ensuring candidates not only gain the knowledge but also practice their skills on a regular basis.

