



Activity First Aid – Level 3 – Qualification 2-Day Course – (Minimum of 12 hours)

Course Information:

Unit 1 – First Aid Essentials
Unit 2 – Management of Illness and Injury in Activities

This course is specifically designed for those who are involved in any form of activity, leisure and recreation. This course not only includes Basic Life Support however many other First Aid conditions are also included making this qualification very comprehensive.

Duration:

A minimum of 12 hours is required to achieve the full qualification of which can be spread out to support your setting. The course however must be completed within 6 weeks from the start date.

Certification:

Practical assessment is ongoing by the instructor each day. A three-year Level 3 Award in Activity First Aid will be issued to the learner, subject to successful assessment.

A maximum of 12 students are allowed on this course and must be a minimum of 14 years of age. A certificate can be offered to all subject to assessment.

A student cannot assume responsibility in the workplace until they reach the age of 16. It is then the employer's responsibility to ensure that the student is suitable for the role.

Course content provided via Nuco Training as an Approved Instructor.

Content covered on the course:

- Responsibilities and reporting
- Assessment of the situation
- Dealing with an unresponsive casualty
- Basic hygiene in First Aid
- Fractures and spinal injuries
- Control of bleeding
- Burns
- Seizures
- Resuscitation and AED Awareness
- Heart attack/Angina
- Head injuries
- Drowning injuries
- Asthma
- Electrical injuries
- Shock
- Choking
- Minor injuries
- Heat and cold
- Diabetes

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