



Beyond First Aid



Activity First Aid

Course Overview

Activity First Aid

This Beyond First Aid Award is a training course which is designed for those who are involved in the outdoor and activity based environments that require a first aid qualification in addition to providing the knowledge and skills to operate in these different and often challenging environments.

Compliance and Regulatory Requirements

This qualification is aimed at anyone who requires a first aid qualification which covers additional training for working in the outdoor and activity based sectors.

Examples include:

- Outdoor instructors e.g. hill walking, kayaking, rock climbing, etc.
- Duke of Edinburgh Award Leaders and Assessors
- Scout/Guide leaders
- Mountain/Walking leaders

Minimum contact teaching hours apply to this course, and training should be delivered in no less than 12 hours. There is no requalification for this course, therefore the original course must be repeated at intervals of no more than 3 years.

There are no formal entry requirements, but we advise that candidates have a minimum of level 1 in literacy or equivalent.

The maximum class size for this course is 12 candidates/1 trainer.

Beyond First Aid supply a minimum of 1 training manikin for every 3 candidates.

Assessment

This qualification is made up of 2 Units which are assessed separately

- Unit 1: First Aid Essentials.
- Unit 2: Managing illness, injuries and emergencies.

To be awarded this qualification, candidates must pass the assessments carried out by observation, and achieve a percentage pass in the Multi choice paper.

Learning Outcomes

Unit 1: First Aid Essentials	
1. The role and responsibilities of the first aider.	1.1 Define responsibilities of a first aider 1.2 Minimising the risk of infection to self and others 1.3 Personal protection equipment required for first aid 1.4 Explain reporting procedures following accidents, incidents and illness 1.5 Explain confidentially procedures for recording, storing and sharing information
2. Be able to assess an emergency situation safely.	2.1 Conduct a scene survey 2.2 Conduct a primary survey 2.3 Identify when to call for help
3. Be able to provide first aid to a casualty who is unresponsive but breathing normally.	3.1 Assess the level of consciousness 3.2 Explain why a casualty should be placed in the recovery position 3.3 Place a casualty in the recovery position 3.4 Continually monitor a casualty whilst they are in the recovery position 3.5 Assist a casualty who is experiencing a seizure
4. Be able to provide first aid to a casualty who is unresponsive and not breathing normally.	4.1 Identify when to administer Cardio Pulmonary Resuscitation (CPR) to an unresponsive casualty who is not breathing normally 4.2 Administer CPR using a manikin
5. Be able to provide first aid to a casualty who has a foreign body airway obstruction.	5.1 Identify when a foreign body airway obstruction is: <ul style="list-style-type: none"> • mild • severe 5.2 Administer first aid to a casualty who is choking
6. Be able to provide first aid to a casualty with external bleeding.	6.1 Describe the types and severity of bleeding 6.2 Explain the effect of severe blood loss on a casualty 6.3 Control external bleeding
7. Understand how to provide first aid to a casualty who is suffering from shock.	7.1 Define the term 'shock' relevant to first aid 7.2 Describe how to recognise a casualty who is suffering from shock 7.3 Explain how to manage the effects of shock
8. Administer first aid to a casualty with minor injuries.	8.1 Explain how to administer first aid for: <ul style="list-style-type: none"> • Small cuts • Grazes • Bumps and bruises • Small splinters • Nose bleeds

Unit 2 Managing illness, injuries and emergencies

<p>1. Administer first aid to a casualty with injuries to bones, joints and muscles.</p>	<p>1.1 Describe types of fractures 1.2 Recognise suspected:</p> <ul style="list-style-type: none"> • Fractures • Dislocations • Sprains and strains <p>1.3 Administer first aid for suspected:</p> <ul style="list-style-type: none"> • Fractures • Dislocations • Sprains and strains
<p>2. Administer first aid to a casualty with head and spinal injuries.</p>	<p>2.1 Describe how to recognise suspected:</p> <ul style="list-style-type: none"> • Concussion • Skull fracture • Cerebral compression • Spinal injury <p>2.2 Administer first aid for suspected:</p> <ul style="list-style-type: none"> • Concussion • Skull fracture • Cerebral compression • Spinal injury
<p>3. Administer first aid to a casualty with anaphylactic shock</p>	<p>3.1 Identify common triggers for anaphylaxis 3.2 Recognise/manage a casualty suffering from anaphylaxis</p>
<p>4. Administer first aid to a casualty with a chronic medical condition or sudden illness.</p>	<p>4.1 Describe how to recognise:</p> <ul style="list-style-type: none"> • Diabetic emergencies • Asthma attack • Heart Attack • Stroke <p>4.2 Explain how to manage:</p> <ul style="list-style-type: none"> • Diabetic emergency • Asthma attack • Heart Attack • Stroke
<p>5. Administer first aid to a casualty who is experiencing the effects of extreme temperature.</p>	<p>5.1 Describe how to recognise and manage the effects of:</p> <ul style="list-style-type: none"> • Extreme cold • Extreme heat
<p>6. Administer first aid to a casualty who has sustained an electric shock.</p>	<p>6.1 Explain how to safely manage an incident involving electricity 6.2 Describe first aid treatments for electric shock incidents</p>
<p>7. Administer first aid to a casualty with burns or scalds.</p>	<p>7.1 Describe how to recognise the severity of, and manage burns and scalds</p>

8. Administer first aid to a casualty who has been poisoned.	8.1 Identify the routes that poisonous substances take to enter the body 8.2 Identify sources of information for treating those affected by sudden poisoning 8.3 Explain how to manage sudden poisoning
9. Administer first aid to a casualty who has been bitten or stung.	9.1 Identify severity of bites and stings 9.2 Explain how to manage bites and stings

Trainer, Assessor Requirements

In line with the Skills for Health Assessment Principles for First Aid Qualifications, all Beyond First Aid trainers, assessors and Internal Quality Assurers are occupationally competent in first aid. Evidence of this is available on request, but may include, but is not limited to, holding a valid First Aid at Work certificate, registration as a doctor with the General Medical Council, as a nurse with the Nursing and Midwifery Council or a paramedic with the Health and Care Professions Council.

They are also occupationally competent in training and assessing. Again, evidence is available on request, but may include, but is not limited to, holding a qualification such as:

- Further and Adult Education Teachers Certificate
- Cert Ed or PGCE
- PTLLS (level 4) or CTLLS
- IHCD Instructional Methods
- IHCD Instructor Certificate
- Ministry of Defence (Army) Instructor/Assessor certificate

Useful information

Skills for Health	http://www.skillsforhealth.org.uk/
Health & Safety Executive (HSE) First Aid Section	http://www.hse.gov.uk/firstaid/
HSE GEIS3 A guide for employers - Selecting a first-aid training provider	http://www.hse.gov.uk/pubns/geis3.pdf
The Health and Safety (First-Aid) Regulations 1981. Guidance on Regulation	http://www.hse.gov.uk/pubns/books/l74.htm
First aid needs assessment	http://www.hse.gov.uk/firstaid/needs-assessment.htm

