

First Aid Training Courses



Level 2 Award In Activity First Aid (QCF) Course

Course Overview: The two day Level 2 Award in Activity First Aid Course is a comprehensive first aid course designed to enable learners to attain the knowledge and competencies needed to deal with emergency first aid situations which can arise when undertaking sports and outdoor activities such as swimming, hiking, rock climbing, etc. At the end of the course participants will be able to demonstrate the practical administration of safe, prompt and effective emergency first aid in outdoor or activity based situations.

Who is this course for? This course is designed for people who are involved in all types of sport and leisure activities to provide First Aid when dealing with an emergency situation such as sports coaches, instructors, referees, youth workers and activity group leaders. There are no formal entry requirements but in order to benefit from the course participants should possess reasonable communication skills.

Course Content:

Unit 1 – First Aid Essentials

The role of the first aider
Incident and casualty assessment
CPR (Cardio Pulmonary Resuscitation)
Treatment of an unconscious casualty
Management of a seizure
Choking
External bleeding
Shock
Minor injuries

Unit 2 – Management of illness and injury in activities

The secondary survey
Fractures, sprains, strains & dislocations
Head, neck & back injuries
Chest and abdominal injuries
Thermal injuries (burns, scalds & electricity)
Eye injuries
Poisonous substances
Anaphylactic shock
Major illness – heart attack, stroke, epilepsy, diabetes, asthma
Extremes of heat & cold

Duration: 2 days.

Certification: After the course successful participants will receive a Level 2 Award in Activity First Aid certificate, first aider wallet card and certificate for two unit credits towards CPD. Certificates are valid for a period of 3 years, after which the learner will need to retake the course in order to remain qualified.

Additional information: All course materials and first aid handbook for each participant are provided. This course is subject to continuous assessment of participants practical first aid skills throughout the day by the tutor followed by a multiple choice assessment paper.

Delegates attending this course must bring a valid form of photographic I.D.

Why our customers choose Facts Training

We are a reliable and friendly company with many years experience in delivering quality first aid training to organisations however large or small across the UK.

We offer a range of flexible and cost effective training solutions to suit all types of businesses, our team of fully qualified and experienced instructors can come to you and deliver your group training course on site at a date and time to suit you.

Our course prices have **NO Hidden Extras** and include:

- Professional tuition by fully qualified first aid instructors
- All course materials
- Full colour first aid manual for each participant
- Certification



We come to you
across the UK

**Contact our friendly office
team to discuss your
course requirements on
01626 365615 or
info@factstraining.co.uk**

**Discounts available for
multiple course bookings**