

Training Solutions

Level 2 Award in Activity First Aid (RQF)



Who Is This Course Designed For?

The QA Level 2 Award in Activity First Aid (RQF) is a regulated and nationally recognised qualification designed for those who have a responsibility to provide first aid in outdoor and activity based environments.

Successful candidates will gain the knowledge and skills needed to treat a range of conditions that could occur during any form of activity, from life threatening illnesses to minor injuries.

About the Course

- > Duration: 2 Day
- > Quasafe regulated
- > Refresher training recommended every 3 years

What Do I Do Next?

If you would like a course exclusively run for your employees, at your business premises, we would be happy to arrange this for you. Prices for a closed course are available on application.

Please call **01522 690 237** or email Elizabeth Turner at elizabeth.turner@pibrm.com to discuss further or book a place on one of our open courses.

What Is Covered?

- > Role and responsibilities of a first aider
- > Assessing an incident
- > Managing an unresponsive casualty
- > CPR and AED use
- > Recovery Position
- > Heart Attack & Stroke
- > Head, neck and back injuries
- > Chest and abdominal injuries
- > Fractures & External bleeding
- > Burns and scalds
- > Choking & Shock
- > Poisoning & Anaphylaxis
- > Asthma & Diabetes
- > Epilepsy and seizures
- > Treatment for hot and cold temperatures
- > Minor injuries & Eye injuries
- > Sprains, strains and dislocations



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