

# Training Solutions

## Level 2 Award in CitizenAID (RQF)



### Who Is This Course Designed For?

The QA Level 2 Award in CitizenAID (RQF) has been specifically developed to help members of the public learn life-saving skills for use in these extreme situations. Based on the CitizenAID phone App and pocket guide, this regulated qualification is designed to teach people how to react safely, prioritise the injured and give first aid to victims in the event of a deliberate multiple casualty incident.

With an estimated 60,000 out of hospital cardiac arrests occurring every year in the UK alone, make sure you are prepared!

During this 3 hour course, candidates will have the opportunity to practise techniques for dealing with catastrophic bleeding and will be equipped with the skills and knowledge needed to save lives in the aftermath of a terrorist attack.

### About the Course

- > Duration: 3 hours
- > Qualsafe 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 **01777 861861** or email our training department at [sales@pibrm.com](mailto:sales@pibrm.com) to discuss further or book a place on one of our open courses.

### What Is Covered?

Determining the appropriate actions to take in the following events, using the CitizenAID app or pocket guide:

- > Knife attacker or active shooter
- > Exploded bomb
- > Unattended and suspicious item
- > Acid and vehicle attacks
  
- > Reporting the incident to the emergency services
  
- > Prioritising multiple casualties
  
- > Providing sufficient information when the emergency services arrive

Dealing with an unresponsive casualty who is breathing:

- > Opening the airway
- > Checking breathing
- > Recovery Position

Controlling severe external bleeding:

- > Applying manufactured and improvised tourniquets
- > Using improvised and manufactured dressings to pack wounds



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