



Qualsafe Activity First Aid – Level 2 Award (RQF)

Who should attend?

This qualification is for people who have a specific interest or responsibility in voluntary and community activities such as sports.

Course Aims & Objectives

The objective of the qualification is to benefit Learners by enabling them to attain the knowledge and practical competencies needed to deal with a range of first aid situations.

By the end of the course delegates will:

- Understand the role and responsibility of a first aider
- Be able to:
 - assess an incident
 - manage an unresponsive casualty who is breathing normally
 - manage an unresponsive casualty who is not breathing normally
 - recognise and assist a casualty who is choking
 - manage a casualty with external bleeding
 - manage a casualty who is in shock
 - manage a casualty with a minor injury
 - Conduct a secondary survey
- Administer:
 - first aid to a casualty with injuries to bones, muscles and joints
 - first aid to a casualty with suspected head, neck and back injuries
 - first aid to a casualty with suspected chest and abdominal injuries
 - first aid to a casualty with eye injuries
 - first aid to a casualty with sudden poisoning
 - first aid to a casualty with anaphylactic shock
- Know how to provide first aid to a casualty with suspected major illness
- Know how to provide first aid to a casualty who is experiencing the effects of extreme heat and cold

Course Outline

- The role and responsibilities of a first aider
- Assessing an incident
- Managing an unresponsive casualty
- CPR
- Recovery Position
- Heart Attack
- Stroke
- Head, neck and back injuries
- Chest and abdominal injuries
- Fractures
- External bleeding
- Shock
- Burns and scalds

- Choking
- Poisoning
- Anaphylaxis
- Asthma
- Diabetes
- Epilepsy and seizures
- Treatment for hot and cold temperatures
- Minor injuries
- Sprains, strains and dislocations
- Eye injuries

Certification

Delegates are assessed throughout the course by the trainer and need to complete a written assessment at the end of the course. Successful delegates will receive a Quallsafe Level 2 Award in Activity First Aid certificate. Certificates are valid for 3 years and then delegates will need to re-sit the qualification to remain qualified (this must be attended no later than 28 days after the expiry on the original certificate).

Duration

2 Days

Location

We can offer courses on company premises for a maximum of 12 delegates or upcoming open courses in your local area.