

# Qualsafe Level 2 Award in Activity First Aid (RQF)



Duration: 2 Days



Valid for 3 years



Our Venue or Yours



Blended Learning Available



£140.00 per learner  
*Group booking discount available*

## Course Overview

Our Activity First Aid course is designed for anyone requiring Emergency First Aid with that little bit extra.

Not only is this course HSE compliant, we can focus on the specific needs of your group and offer bespoke packages. Guidelines from your governing bodies such as the RFU's HEADCASE protocols and the FA's "If in doubt, sit them out" concussion guidelines, can also be included.

Packed with real-life practical scenarios we aim to make this an interactive experience.

Our team of expert trainers have over 20 years experience working on the front line of ambulance services and in clinical settings as registered healthcare professionals.

## Course Requirements

- Learners must be physically able to take part in practical activities \*\*
- Age 14 years +
- Basic literacy/numeracy skills are recommended for understanding concepts.
- Due to the practical nature of this course, Learners should wear appropriate clothing and footwear, e.g. trousers and flat footwear.

\*\* Contact us to discuss any physical limitations and we will accommodate wherever possible.

## What is covered?

- The roles & responsibilities of a first aider.
- Assessing an incident.
- Managing an unresponsive casualty/Recovery position.
- Primary and secondary survey.
- Head, neck and spinal injuries.
- Chest and abdominal injuries.
- External bleeding and shock.
- Choking.
- Anaphylaxis.
- Asthma.
- Diabetes.
- Epilepsy and seizures.
- Treatment for hot & cold temperatures.
- Heart attack.
- Stroke.
- Fractures, dislocation, sprains & strains.
- Eye injuries.
- Burns and scalds.

## Assessment Details

6 Practical Assessments & 2 Theory Assessments (Multiple Choice Question Paper)

*Upon successful completion, you will receive an Activity First Aid certificate, valid for 3 years.*

**For group bookings, more information or to book please contact:**

**(T)** 01530 242 240

**(M)** 07749 685 462

**(E)** zoe@meeducation.co.uk