



QA Level 2 Award in

Activity First Aid (RQF)



2 day
course



Ofqual
regulated



Certificate
valid for 3 years

Be Prepared

Would you know how to provide effective first aid in an emergency?

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.

What's Covered?

- ✚ The 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
- ✚ 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

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