

A Learner's guide to the
**QNUK Level 3 Award in
Emergency Outdoor First Aid (RQF)**

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Introduction

This qualification specification outlines key information required by learners to ensure they are able to make an informed decision in regard to the qualifications they are undertaking.

Qualification purpose

This qualification is aimed those who may be required to provide First Aid in an outdoor environment where help may be up to 30 minutes away. Attendees are most commonly Outdoor Activity Instructors. The qualification meets the requirements for First Aid at Work as outlined in the Health and Safety (First Aid) Regulations 1981 and the Health and Safety (First Aid) Regulations (Northern Ireland) 1982.

Qualification objective

This qualification has the purpose of supporting a role in the workplace.

Qualification structure

Qualification accreditation number	603/2454/5
Qualification level	3
Guided learning hours (GLH)	8
Total Qualification Time (TQT)	10
Credit value	1
Validity	3 years

Pre-requisites

This qualification is aimed at those over 16 who are able to undertake the responsibilities associated with being a workplace First Aider.

Learners between 14-16 years can undertake the qualification, however they should not be relied upon by employers to be a sole First Aider.

Due to the language of the assessment, it is recommended that learners have sufficient command of the English language in order to understand the assessment and to undertake the recommended assessment methods.

Attendees will be required to demonstrate First Aid procedures as they would in a real work environment. This includes providing CPR to a casualty who is on the floor, therefore be physically capable of doing so.

There are no other pre-requisites for this qualification.

Delivery requirements

This qualification is typically delivered in a face-to-face format over a one-day period.

Learners should complete the qualification within 6 weeks.

The delivery of this qualification should include sufficient learning and practice in an outdoor environment.

Trainer to learner ratio

The maximum Trainer to learner ratio for this qualification is 1:12.

Optional and additional units

Learners may progress and undertake unit 2. If successful learners will be awarded the QNUK Level 3 Award in Outdoor First Aid (RQF). This must be completed within 10 weeks of unit 1 being started. The learning outcomes in unit 1 are mapped to the QNUK Level 3 Award in Emergency First Aid at Work (RQF).

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Blended learning

Blended learning is accepted for this qualification; however, the online system must have met the requirements outlined by the Health and Safety Executive.

No more than one third of the qualification can be taken as the online learning. A minimum of two thirds must be face-to-face teaching.

Units of assessment

This qualification has one mandatory unit

Unit one title	Emergency first aid in an outdoor environment
Unit one reference number	F/616/4944
Level	3
Credit	1
Guided learning hours	8
Status	Mandatory

Details on the knowledge and understanding which will be assessed can be found in Appendix 1 and 2 of this document.

Assessment methods

Learners are assessed for this qualification using the following methods:

- Multiple choice question paper
- Practical observation

The multiple choice assessment will take place under examination conditions; i.e. learners will sit at least 1.25 metres apart and will not be allowed to confer during the examination. No books, including dictionaries, will be permitted during the examination.

Multiple choice question paper

Each learner will be assessed for this qualification by the completion of a multiple choice examination paper.

Example questions can be found in Appendix 3 of this document.

Method	Multiple choice examination
Language of assessment	English
Grading	Pass/Fail
Pass mark	70% (11/15)
Duration	30 minutes

Practical observation

Each learner will be assessed for this qualification by the completion of a number of practical assessments.

Method	Practical observation
Language of assessment	English
Grading	Pass/Fail
Pass mark	100%
Duration	As required

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Reasonable adjustments

All learners are required to complete the assessment criteria in a manner appropriate to the purpose of the qualification.

For this qualification learners must be able to perform relevant practical tasks on the floor during the summative assessment.

The prescribed assessment methods for this qualification should not unfairly disadvantage learners, who would otherwise be able to demonstrate competence in the assessment criteria and in line with the purpose of the qualification.

If you feel the assessment methods above would disadvantage you, please contact your centre to discuss reasonable adjustment.

Results

Once learners have completed their assessment, the centre is required to submit their results to Qualifications Network for moderation within 10 working days of the date of assessment. We will issue verified results and appropriate certification to the approved centre within 7 working days of receiving those results. Results and/or certificates will then be forwarded to learners by the Centre. Learners should expect to receive all results within 20 working days of the date they take the assessment. If they have not received them within 25 working days, they should contact their centre in the first instance.

Progression routes

Learners undertaking this qualification may wish to progress to the QNUK Level 3 Award in Responding to Incidents with an AED (RQF) or the QNUK Level 3 Award for First Responders (RQF).

Acceptable forms of I.D.

All learners must provide suitable identification documentation (I.D.) prior to being allowed to take an assessment for this qualification. This is a regulatory requirement. Centres must ensure that all I.D. is checked, and the I.D. type noted on the Cohort Register.

Learners who do not have an acceptable form of I.D. will not be allowed to take the assessment.

The list below outlines acceptable forms of identification for learners undertaking a regulated qualification with QNUK.

Ideally learners should provide at least 1 form of photo I.D. If photo I.D is not available, 2 forms of non-photographic I.D can be accepted.

Acceptable forms of photographic I.D (1 required) are:

- Signed UK Photo card driving licence
- Signed passport (any nationality)
- Valid EU Photo identity card
- SIA security licence (with photo)
- Current and valid warrant card issued by HM forces or Police
- Current and valid Prison service card (with photo)
- Proof of age card
- Employee photo identification card
- Student photo identification card for a recognised educational establishment
- Firearms licence (with photo)

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Acceptable forms of non-photographic I.D (2 required) are:

- Current driving licence – paper version
- Birth certificate
- Marriage/civil partnership certificate
- Mortgage statement (issued within past 12 months)
- Bank or building society statement (issued within last 3 months)
- Bank or building society account opening confirmation letter (issued within last 3 months)
- Credit card statement (issued within last 3 months)
- Pension or endowment financial statement (issued within last 12 months)
- P45 or P60 statement (issued within last 12 months)
- Council tax statement (issued within last 12 months)
- Valid work permit or visa issue by UK government
- Utility bill – excluding mobile phone bill (issued within last 3 months)
- Benefit statement e.g. child benefit, pension (issued within last 3 months)

Appendix 1 Learning Outcomes and Assessment Criteria

Unit 1 Emergency First Aid in an outdoor environment

The follow details the learning outcomes for this qualification and the assessment criteria referred to within the assessment and used to determine if a learner has met a learning outcome. Further details of how learning outcomes and assessment criteria are covered is included in Appendix 2 Unit 1 Indicative Content.

		Assessment Method	
		MCQ	Obs
1	Understand the role and responsibilities of a first aider in an outdoors environment; in relation to:		
1.1	the role and responsibilities of a first aider in an outdoors environment	✓	
1.2	how to minimise the risk of infection to self and others	✓	
1.3	the need for consent to provide First Aid	✓	
2	Be able to manage an incident in an outdoors environment; in relation to:		
2.1	conducting a scene survey		✓
2.2	conducting a primary survey of a casualty		✓
2.3	protecting a casualty from environmental factors		✓
2.4	summoning appropriate assistance when necessary		✓
2.5	how to administer First Aid to a casualty at risk of hypothermia		✓
2.6	monitoring a casualty’s vital signs		✓
3	Be able to provide First Aid to a casualty that is unresponsive and not breathing normally; in relation to:		
3.1	when to administer Cardio-Pulmonary Resuscitation (CPR) to a casualty		✓
3.2	demonstrating CPR on a manikin		✓
3.3	demonstrating the use of an automated external defibrillator		✓
3.4	modifications of CPR in relation to: <ul style="list-style-type: none"> • A child • Drowning • Avalanche • Lightning strike • Remote from immediate help 	✓	
4	Be able to provide First Aid to a casualty that is unresponsive and is breathing normally; in relation to:		
4.1	when to place a casualty into the recovery position		✓
4.2	demonstrating how to place a casualty into the recovery position		✓
4.3	how to administer First Aid to a casualty who is experiencing a seizure	✓	

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5	Be able to provide First Aid to a casualty who is choking; in relation to:		
5.1	when choking is: <ul style="list-style-type: none"> • mild • severe 		✓
5.2	demonstrating how to administer First Aid to a casualty who is choking		✓
6	Be able to provide First Aid to a casualty with external bleeding; in relation to:		
6.1	how to administer First Aid to a casualty with a minor wound	✓	
6.2	how to administer First Aid to a casualty with minor burns and scalds	✓	
6.3	the severity of external bleeding		✓
6.4	demonstrating the control of external bleeding		✓
7	Know how to provide First Aid to a casualty who is in shock; in relation to:		
7.1	recognising a casualty who is suffering from shock		✓
7.2	how to administer First Aid to a casualty who is suffering from shock		✓
8	Know how to provide First Aid to a casualty affected by immersion in water; in relation to:		
8.1	how to administer First Aid to a casualty who has been immersed in water	✓	

Appendix 2 Indicative Content

Unit 1 Emergency First Aid in an outdoor environment

1.1	The role and responsibilities of a first aider in an outdoors environment
	The learner will know the main responsibilities of the first aider, to include managing hazards, prioritising casualties, identifying possible injuries, identifying appropriate First Aid equipment, knowing how to use First Aid equipment found in the common outdoor First Aid container and knowing the principles of effective casualty communication. Learners should also be aware of HSE requirements for First Aid.
1.2	How to minimise the risk of infection to self and others
	Learners to be aware of how to minimise the risk of infection, including the importance of hand cleansing, using clean and where possible sterile equipment, using equipment correctly and the appropriate disposal of used first aid equipment.
1.3	The need for consent to provide First Aid
	Learners should know why they need consent and when it should be obtained.
2.1	Conducting a scene survey
	Learners can demonstrate an awareness of the environment, other hazards, bystanders and available first aid equipment.
2.2	Conducting a primary survey of a casualty
	Learners can conduct a primary survey of a casualty, to include: dangers, response, open airway and breathing check. Learners should be aware of the term agonal gasps.
2.3	Protecting a casualty from environmental factors
	Learners will be able to identify ways of protecting a casualty from environmental factors, to include relocating a casualty, insulating and using shelter.
2.4	Summoning appropriate assistance when necessary
	Learners will know the type of assistance they require; whether bystanders or the emergency services, on completion of a primary survey. Learners should be aware of how to contact other emergency services such as mountain rescue.
2.5	How to administer First Aid to a casualty at risk of hypothermia
	Learners will be able to demonstrate how to protect a casualty from the risk of hypothermia, to include protection for the elements.
2.6	monitoring a casualty’s vital signs
	Learners will be able to monitor a casualty’s vital signs to include radial and carotid pulse, breathing, response and pallor.
3.1	When to administer Cardio-Pulmonary Resuscitation (CPR)
	Learners know how to differentiate between casualties who require resuscitation and when they should be placed into a recovery position. Learners will also be aware of agonal gasps.

3.2	Demonstrating CPR using a manikin
	The learner will demonstrate basic CPR in accordance with current Resuscitation Council (UK) guidelines, to include the use of an AED including the placement of pads and following of AED instructions.
3.3	Demonstrating the use of an automated external defibrillator
	Learners will be able to demonstrate the ability to correctly place AED pads and follow instructions from the AED unit.
3.4	Modifications of CPR in relation to: <ul style="list-style-type: none"> • A child • Drowning • Avalanche • Lightning strike • Remote from immediate help
	Learners will know the adaptations to the basic life support protocols. Learners will learn the paediatric protocol and the adult drowning protocol. Considerations also include when and if to start CPR in the given situations.
4.1	When to place a casualty into the recovery position
	Learners know how to differentiate between casualties who require resuscitation and when they should be placed into a recovery position.
4.2	Demonstrating how to place a casualty into the recovery position
	The learner can demonstrate the recovery position, as outlined by the latest Resuscitation Council (UK) guidelines.
4.3	How to administer First Aid to a casualty who is experiencing a seizure
	Learners will know the actions to undertake while a casualty is in seizure. The management of the casualty once the seizure has stopped and the recommended times to call the emergency services
5.1	Know when choking is: <ul style="list-style-type: none"> • mild • severe
	Learners will know the recognition features of a mild and a severe obstruction of the airway.
5.2	Demonstrating how to administer First Aid to a casualty who is choking
	Learners will be able to demonstrate the treatment protocol for a choking casualty, as per the current UK resuscitation council guidelines.
6.1	How to administer First Aid to a casualty with a minor wound
	Learners will know how to deal with minor wounds in line with current practice. Wounds to include cuts, bruises, embedded objects and grazes.
6.2	How to administer First Aid to a casualty with minor burns and scalds
	Learners will be able to assess the severity of the burn and know how to provide the appropriate treatment, in line with current practice.
6.3	The severity of external bleeding
	Learners will be able to identify the characteristics of capillary, venous and arterial bleeding.

6.4 Demonstrating how to control external bleeding

Learners will be able to demonstrate the management of a casualty with a bleed. To include dressing common wounds including to the head, arm, hand or leg.

7.1 How to recognise a casualty who is suffering from shock

Learners will be able to recognise the common recognition features of a casualty in hypovolaemic shock.

7.2 How to administer First Aid to a casualty who is suffering from shock

Learners will know the recommended First Aid treatment for a casualty in hypovolaemic shock, to include: position, keep warm, nil by mouth, moisten lips, reassurance and refer to the emergency services.

8.1 How to administer First Aid to a casualty who has been immersed in water

Learners will be aware of the risk of secondary drowning and hypothermia.

Appendix 3 Specimen assessment material

1 At what point should an ambulance be called for a casualty who is having a seizure?

- A** Immediately in all cases
- B** If the seizure lasts longer than normal
- C** Only if the casualty has never had a seizure before
- D** Only if the casualty is a child

2 Which **one** of the following is a treatment for a casualty suffering from shock?

- A** Allow a drink of warm sweet tea
- B** Allow sips of a suitable sports drink
- C** Give nothing to eat or drink
- D** Provide small amounts of salt-water

3 Which of the following items a should **NOT** be found in a first aid kit?

- A** Dressings
- B** Ice pack
- C** Safety pins
- D** Paracetamol