

A Learner's guide to the
**QNUK Level 3 Award in
Emergency First Aid at Work +F (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 undertaking the role of an emergency first aider in a forestry context as required by the Forestry Commission. The qualification meets the requirements for Emergency 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	603/2463/6
Qualification level	3
Guided learning hours (GLH)	8
Total Qualification Time (TQT)	9
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 emergency first aider.

Learners between 14-16 years can undertake the qualification, however they should not be relied upon by employers to be a sole emergency 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 (RWE). 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 are expected to undertake some learning in an outdoor environment.

Learners should complete the qualification within 4 weeks.

Trainer to learner ratio

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

Optional and additional units

Learners may wish to progress to the QNUK Level 3 Award in First Aid at Work +F (RQF).

This can be achieved within 10 weeks of session 1, day 1

QNUK Level 3 Award in Emergency First Aid at Work +F (RQF)

Blended learning

Blended learning is acceptable for this qualification. Blended learning options will include suitable controls to ensure learners undertake all elements.

No more than one third of the guided learning hours can be taken as blended learning.

All assessments must be undertaken in a moderated environment with the learner and moderator present.

Units of assessment

This qualification has one mandatory unit

Unit one title	Emergency First Aid in a Forestry Context
Unit one reference number	F/616/5012
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 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% (14/20)
Duration	40 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

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 First Aid at Work +F (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 Qualifications Network.

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)

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 a forestry context

The following 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 forestry first aider; in relation to:		
1.1	the role and responsibilities of a forestry first aider	✓	
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 assess and manage an incident in an outdoor 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 an unresponsive casualty that is not breathing normally; in relation to:		
3.1	when to administer Cardio-Pulmonary Resuscitation (CPR)		✓
3.2	demonstrating CPR using a manikin		✓
4	Be able to provide First Aid to an unresponsive casualty that 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	✓	
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 who is wounded or bleeding; in relation to:		
6.1	how to administer First Aid to a casualty with: <ul style="list-style-type: none"> • small cuts • grazes • bruises • small splinters 	✓	
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 how to control external bleeding		✓
6.5	demonstrate control of external bleeding using a: <ul style="list-style-type: none"> • haemostatic agent • tourniquet 		✓
6.6	the management of an incident involving a crush injury	✓	
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 hypovolaemic 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 who has been bitten or stung; in relation to:		
8.1	how to administer First Aid for a casualty that has been bitten by a tick	✓	
8.2	how to recognise suspected Lyme's disease	✓	
8.3	how to administer First Aid for a casualty that has been stung	✓	
9	Know how to provide First Aid to a casualty with anaphylaxis; in relation to:		
9.1	common triggers for anaphylaxis	✓	
9.2	recognising suspected anaphylaxis	✓	
9.3	how to administer First Aid for a casualty suffering from anaphylaxis	✓	

Appendix 2 Indicative Content

1.1 The role and responsibilities of a forestry first aider

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 workplace, knowing the principles of effective casualty communication.

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 handwashing, using sterile equipment, using equipment correctly and the correct disposal of used, disposable 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.

2.3 Protecting a casualty from environmental factors

Learners will be aware of possible environmental conditions that may affect a casualty. Conditions include wind, temperature, moisture and direct sunlight.

2.4 Summoning appropriate assistance when necessary

Learners will know they type of assistance they require; whether bystanders or the emergency services, on completion of a primary survey

2.5 How to administer First Aid to a casualty at risk of hypothermia

Learners are able to recognise conditions that increase the risk of hypothermia such as environment, wind direction, clothing, position, physical condition. Learners will take appropriate action to include keeping casualty warm.

2.6 Monitoring a casualty's vital signs

Learners will know how to monitor a casualty's vital signs. Vital signs include rate and rhythm of breathing and pulse, response levels (AVPU), pupils, temperature and skin tone. Learners can record findings in an appropriate manner.

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.

3.2 Demonstrating CPR using a manikin

The learner will demonstrate basic CPR in accordance with current Resuscitation Council (UK) guidelines

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 When choking is:

- 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 Resuscitation Council (UK) guidelines.

6.1 How to administer First Aid to a casualty with:

- small cuts
- grazes
- bruises
- small splinters

Learners will know how to deal with the above injuries in line with accepted current practice, as outlined in the Voluntary Aids Society First Aid Manual.

6.2 How to administer First Aid to a casualty with minor burns and scalds.

Learners will know how to deal with minor in line with accepted current practice as outlined in the Voluntary Aids Society First Aid Manual.

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 will a bleed. To include dressing common wounds including to the head, arm, hand or leg.

6.5 Demonstrate control of external bleeding using a:

- Haemostatic agent
- Tourniquet

Learners need to be able to demonstrate the use of appropriate haemostatic agents and a manufactured tourniquet. Learners should be able to demonstrate the correct treatment in line with a stepwise approach. Simulation should be used.

6.6 The management of an incident involving a crush injury

Learners should understand the potential risk of a crush injury. Learners should be aware of current First Aid practice which is removal of the crushing object within the first 15 minutes.

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 for a casualty that has been bitten by a tick

Learners should know how to remove a tick using the following procedure:

1. Use fine-tipped tweezers or a tick-removal tool. You can buy these from some pharmacies, vets and pet shops.
2. Grasp the tick as close to the skin as possible.
3. Slowly pull upwards, taking care not to squeeze or crush the tick. Dispose of it when you have removed it.
4. Clean the bite with antiseptic or soap and water.

8.2 How to recognise suspected Lyme's disease

Learners need to understand Lyme disease is not an immediate response however a casualty may have recollection of being bitten by a tick. Signs to include a high temperature, a feeling of being hot and shivery, headaches, muscle or joint pain and unexplained tiredness or loss of energy. There may also be a bull's eye rash.

8.3 How to administer First Aid for a casualty that has been stung

Learners need to know the importance of monitoring the casualty for further complications. Removal of the sting using a blunt object and the use of ice to soothe the area.

9.1 Common triggers for anaphylaxis

Learners should be able to identify common triggers. Common triggers include nuts, seeds, stings, shellfish, fish, kiwi fruit, milk and eggs.

9.2 Recognising suspected anaphylaxis

Learners will be able to recognise common signs and symptoms of an anaphylactic reaction.

9.3 How to administer First Aid for a casualty suffering from anaphylaxis

Learners will know how to support a casualty suffering from an anaphylactic reaction. To include positions when skin tone is normal and when there is a loss of normal skin tone. When to contact the emergency services. Treatment should also include knowing how to administer the casualty's adrenaline autoinjector.

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