

Qualification Specification

QNUK Level 3 Award in Outdoor First Aid (RQF) 603/2455/7

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Contents

1. Introduction	2
2. Qualification Purpose	2
3. Qualification Objective	2
4. Qualification Information	2
5. Qualification Structure.....	2
5.1. Optional and Additional Units	2
6. Learner Entry Requirements.....	3
7. Delivery Requirements	3
7.1. Trainer to Learner Ratio.....	3
7.2. Blended Learning	3
8. Assessment Requirements.....	3
8.1. Multiple-Choice Question Paper.....	4
8.2. Practical Tasks	4
9. Reasonable Adjustments	4
10. Results.....	4
11. Progression	4
Appendix 1: Learning Outcomes, Assessment Criteria and Indicative Content	5
Appendix 2: Specimen Assessment Material	15
Contact Us	16
Version Number.....	16

QNUK Level 3 Award in Outdoor First Aid (RQF) (603/2455/7)

1. Introduction

Qualifications Network Limited (QNUK) is an Awarding Organisation recognised and regulated by the Office of Qualifications and Examinations (Ofqual) in England, the Council for Curriculum, Examinations and Assessment (CCEA) in Northern Ireland and Qualifications Wales.

This qualification specification outlines key information required by learners to ensure they can make an informed decision about the suitability of the qualification they are taking or proposing to take for the purposes that they intend to use it.

2. Qualification Purpose

This qualification will provide the skills, knowledge and understanding to support individuals carrying out a First Aid role in an outdoor environment where help may be up to 2 hours away. Attendees are typically 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.

3. Qualification Objective

The Learning Outcomes in unit 1 of this qualification are mapped to the QNUK Level 3 Award in Emergency First Aid at Work and as such will support a role in the workplace. The additional Learning Outcomes will also support roles where an individual is engaged in outdoor related activities, whether as part of their employment or in a voluntary or other participant capacity.

4. Qualification Information

Qualification number (QN)	603/2455/7
Total Qualification Time (TQT)	20
Guided Learning Hours (GLH)	16
Credit value	2
Level	3
Validity	3 years
Assessment	MCQ paper and observed practical tasks

5. Qualification Structure

To be awarded this qualification learners must achieve both mandatory units.

Unit No.	Unit Title	Level	Credit	GLH
F/616/4944	Emergency First Aid in an Outdoor Environment	3	1	8
J/616/4945	Recognition and Management of Illness and Injury in an Outdoor Environment	3	1	8

Details of the learning outcomes, assessment criteria and indicative content can be found at Appendix 1.

5.1. Optional and Additional Units

There are no optional or additional units for this qualification.

QNUK Level 3 Award in Outdoor First Aid (RQF) (603/2455/7)

6. Learner Entry Requirements

This qualification is aimed at learners 16 years and over who are able to undertake the responsibilities of a workplace First Aider.

Learners aged under 16 may take the qualification; however, they should not be relied upon to be the sole First Aider. This course is not recommended for learners under the age of 12 due to the physical nature of some of the assessment criteria.

Learners must demonstrate First Aid procedures as part of their assessment, including providing CPR to a casualty on the floor. Therefore, learners must be physically capable of performing CPR on the floor.

Learners must have sufficient command of the English language to understand and undertake the recommended assessment methods for this qualification.

There are no other pre-requisites for this qualification. However, learners should be able to work at level 2 and above.

7. Delivery Requirements

This qualification is delivered in a face-to-face setting over a two-day period. Learners should complete the qualification within 6 weeks.

7.1. Trainer to Learner Ratio

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

7.2. Blended Learning

Blended learning is acceptable for this qualification provided suitable controls are in place to ensure learners complete all elements.

A maximum of one third of the guided learning hours can be taken as blended learning.

8. Assessment Requirements

Learners are assessed for this qualification through:

- Multiple-Choice Question (MCQ) paper
- Observation of practical tasks

QNUK Level 3 Award in Outdoor First Aid (RQF) (603/2455/7)

8.1. Multiple-Choice Question Paper

The MCQ paper will be taken under examination conditions, i.e. learners will sit a minimum of 1.25 metres apart, will not confer during the examination and no electronic devices (such as mobile phones) or books, including dictionaries, will be permitted.

Language of assessment	English
Duration	60 minutes
Pass mark	70% (28 / 40)
Grading	Pass / Fail

Example MCQs are included at Appendix 3.

8.2. Practical Tasks

Learners will be assessed completing several practical First Aid tasks.

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

9. Reasonable Adjustments

Learners are required to complete the assessments in a manner appropriate to the purpose of the qualification. This qualification requires learners to be able to perform practical First Aid tasks, some of which may be on the floor, during the summative assessment. It is a mandatory requirement for all Learners to be able to demonstrate these activities at the time of the assessment and no adjustments or considerations can be made for this.

The prescribed assessment methods for this qualification should not unfairly disadvantage learners who would otherwise be able to demonstrate competence in line with the purpose of the qualification. Learners should contact their centre to discuss reasonable adjustment if they feel the prescribed assessment methods would disadvantage them, with the exception of the aforementioned practical activities.

10. Results

The centre is required to submit learner results within 10 working days of assessment to Qualifications Network UK for moderation. We will issue verified results and appropriate certification to the approved centre within 7 working days of receiving the results. Centres will forward results and/or certificates to learners, who can expect to receive them within 20 working days of taking the assessment. If learners have not received results and/or certificates within 25 working days, they should contact the centre in the first instance.

11. Progression

Learners could progress to the:

- QNUK Level 3 Award in Responding to Incidents with an AED (RQF)
- QNUK Level 3 Award for First Responders (RQF)

QNUK Level 3 Award in Outdoor First Aid (RQF) (603/2455/7)

Appendix 1: Learning Outcomes, Assessment Criteria and Indicative Content

Unit 1: Emergency First Aid in an Outdoor Environment

The following details the learning outcomes for the qualification. The associated assessment criteria are referred to within the assessment and used to determine if a learner has met the requirements of the learning outcome. Further in-depth coverage of the assessment criteria is provided in the indicative content.

Learning Outcomes	Assessment Criteria		Assessment Method		Indicative Content
			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	✓		The main responsibilities for the First Aider, including: <ul style="list-style-type: none"> managing hazards prioritising casualties identify possible injuries identifying appropriate First Aid equipment knowing how to use First Aid equipment found in workplace knowing principles of effective casualty communication
	1.2	how to minimise the risk of infection to self and others	✓		<ul style="list-style-type: none"> Importance of handwashing Using sterile equipment Using equipment correctly Correct disposal of used, disposable first aid equipment
	1.3	the need for consent to provide First Aid	✓		<ul style="list-style-type: none"> Why they need consent When consent should be obtained

QNUK Level 3 Award in Outdoor First Aid (RQF) (603/2455/7)

2. Be able to manage an incident in an outdoors environment; in relation to:	2.1	conducting a scene survey		✓	<ul style="list-style-type: none"> • Awareness of the environment • Other hazards • Bystanders • Available First Aid equipment
	2.2	conducting a primary survey of a casualty		✓	Primary survey of a casualty, to include: <ul style="list-style-type: none"> • dangers • response • open airway • breathing check
	2.3	protecting a casualty from environmental factors		✓	<ul style="list-style-type: none"> • Relocating casualty • Insulating casualty • Using shelter
	2.4	summoning appropriate assistance when necessary		✓	<ul style="list-style-type: none"> • On completion of primary survey • Type of assistance required: bystanders or emergency services
	2.5	how to administer First Aid to a casualty at risk of hypothermia		✓	<ul style="list-style-type: none"> • Protection from elements • Insulating casualty • Using shelter
	2.6	monitoring a casualty's vital signs		✓	Monitoring casualty's vital signs, including: <ul style="list-style-type: none"> • radial and carotid pulse • breathing • response • pallor

QNUK Level 3 Award in Outdoor First Aid (RQF) (603/2455/7)

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	✓	Differentiate between: <ul style="list-style-type: none"> casualties who require resuscitation those who should be placed into a recovery position
	3.2	demonstrating CPR on a manikin	✓	Basic CPR in accordance with current Resuscitation Council (UK) guidelines
	3.3	demonstrating the use of an Automated External Defibrillator (AED)	✓	<ul style="list-style-type: none"> Correctly place AED pads Follow instructions from 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 	✓	Basic life support protocols: <ul style="list-style-type: none"> paediatric protocol adult drowning protocol Consideration given to when, and if, to start CPR.
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	✓	Differentiate between: <ul style="list-style-type: none"> casualties who require resuscitation those who should be placed into a recovery position
	4.2	demonstrating how to place a casualty into the recovery position	✓	Recovery position in accordance with current Resuscitation Council (UK) guidelines
	4.3	how to administer First Aid to a casualty who is experiencing a seizure	✓	<ul style="list-style-type: none"> Actions to undertake while a casualty is in seizure Management of the casualty once the seizure has stopped Recommended times to call the emergency services
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 	✓	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	✓	Treatment protocol for a choking casualty in accordance with current Resuscitation Council (UK) guidelines

QNUK Level 3 Award in Outdoor First Aid (RQF) (603/2455/7)

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	✓	Dealing with minor wounds in accordance with current practice, including: <ul style="list-style-type: none"> • cuts • bruises • bites – including ticks, how to remove them and risk of Lyme disease • stings • embedded objects • grazes
	6.2	how to administer First Aid to a casualty with minor burns and scalds	✓	Assess severity of burn and provide treatment in accordance with current practice
	6.3	the severity of external bleeding	✓	Identify the characteristics of capillary, venous and arterial bleeding
	6.4	demonstrating how to control external bleeding	✓	Management of a casualty with a bleed, including: dressing common wounds to the head, arm, hand or leg
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	✓	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	✓	Recommended First Aid treatment for a casualty in hypovolaemic shock, including: <ul style="list-style-type: none"> • position • keep warm • nil by mouth • moisten lips • reassurance • refer to the emergency services

QNUK Level 3 Award in Outdoor First Aid (RQF) (603/2455/7)

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	✓	Awareness of risk of secondary drowning and hypothermia
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QNUK Level 3 Award in Outdoor First Aid (RQF) (603/2455/7)

Unit 2: Recognition and Management of Illness and Injury in an Outdoor Environment

The following details the learning outcomes for the qualification. The associated assessment criteria are referred to within the assessment and used to determine if a learner has met the requirements of the learning outcome. Further in-depth coverage of the assessment criteria is provided in the indicative content.

Learning Outcomes	Assessment Criteria		Assessment Method		Indicative Content
			MCQ	Obs.	
1. Be able to conduct a secondary survey; in relation to:	1.1	the information to be collected when gathering a casualty history	✓		Information should include: <ul style="list-style-type: none"> • signs and symptoms • allergies • medication • past medical history • last meal/drink • events that have led to this
	1.2	demonstrating how to conduct a head to toe survey on a casualty who is wearing activity kit		✓	Perform a head to toe survey on: <ul style="list-style-type: none"> • an unresponsive casualty • a conscious casualty
2. Be able to provide First Aid to a casualty with suspected injuries to bones, muscles and joints; in relation to:	2.1	recognising suspected: <ul style="list-style-type: none"> • fractures and dislocations • sprains and strains 	✓		<ul style="list-style-type: none"> • Common signs of a fracture and dislocation of a limb or digits • Common sprains and strains
	2.2	how to administer First Aid for: <ul style="list-style-type: none"> • fractures and dislocations • sprains and strains 	✓		Support and provide basic First Aid to a casualty with: <ul style="list-style-type: none"> • dislocation or fracture to a limb or digit • common sprain or strain

QNUK Level 3 Award in Outdoor First Aid (RQF) (603/2455/7)

3. Be able to provide First Aid to a casualty with suspected major injury; in relation to:	3.1	recognising a suspected major injury	✓	<p>Common signs and symptoms of:</p> <ul style="list-style-type: none"> • mild head injury • severe head injury • suspected spinal injury in a conscious <p>Recognition features of:</p> <ul style="list-style-type: none"> • flail chest • penetrating chest injury
	3.2	how to administer First Aid for a suspected major injury	✓	<p>Basic First Aid treatment for a head, neck or back injury, including:</p> <ul style="list-style-type: none"> • management of the injury • casualty position • when to contact the emergency services <p>First Aid treatment for casualty with chest injury, including:</p> <ul style="list-style-type: none"> • broken ribs • flail chest • penetrating chest injury
	3.3	demonstrating how to perform a log roll	✓	<p>Correct management of a casualty with a spinal injury who is:</p> <ul style="list-style-type: none"> • conscious • unconscious and breathing • unconscious and not breathing <p>Perform a spinal log roll as part of a team</p>
4. Know how to provide First Aid to a casualty with burns and scalds; in relation to:	4.1	the factors that affect the severity of burns and scalds	✓	<p>Assess severity of burns using criteria:</p> <ul style="list-style-type: none"> • size • cause • age of casualty • location of burn • depth of burn

QNUK Level 3 Award in Outdoor First Aid (RQF) (603/2455/7)

	4.2	how to administer First Aid for burns and scalds	✓	<p>Treatment in accordance with British Burns Association guidelines 2018.</p> <p>Burns to include:</p> <ul style="list-style-type: none"> • chemical • ice • dry • electrical • radiation • scald
5. Know how to provide First Aid to a casualty with an eye injury; in relation to:	5.1	how to administer First Aid for eye injuries	✓	<p>Recommended treatment in accordance with current First Aid practice, for eye injuries including:</p> <ul style="list-style-type: none"> • dust • chemicals • bruising • embedded objects
6. Be able to provide First Aid to a casualty who has been bitten or stung; in relation to:	6.1	how to administer First Aid for a casualty that has been bitten by a tick	✓	<p>Removing ticks using the following procedure:</p> <ol style="list-style-type: none"> 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.
	6.2	how to recognise suspected Lyme's disease	✓	<p>Lyme disease is not an immediate response. Signs include:</p> <ul style="list-style-type: none"> • high temperature • feeling hot and shivery • headaches • muscle or joint pain • unexplained tiredness or loss of energy • Bull's eye rash

QNUK Level 3 Award in Outdoor First Aid (RQF) (603/2455/7)

	6.3	how to administer First Aid for a casualty that has been stung	✓	<ul style="list-style-type: none"> • Removal of sting using blunt object • Use of ice to soothe area • Importance of monitoring casualty for further complications
7. Know how to provide First Aid to a casualty with anaphylaxis; in relation to:	7.1	common triggers for anaphylaxis	✓	<p>Common triggers include:</p> <ul style="list-style-type: none"> • peanuts and tree nuts such as almonds, walnuts, cashews, brazils • fish and shellfish • dairy products and eggs • wasp or bee stings • natural latex (rubber) • penicillin and other drugs or injections
	7.2	recognising suspected anaphylaxis	✓	<p>Recognition features in accordance with the Voluntary Aids society First Aid Manual, including:</p> <ul style="list-style-type: none"> • the casualty may appear to be anxious • swelling of the throat, mouth and face • flushed, blotchy skin • distressed breathing • rapid, weak pulse • if the reaction is severe, the casualty may become unconscious and stop breathing
	7.3	how to administer First Aid for a casualty suffering from anaphylaxis	✓	<p>Treatment to include:</p> <ul style="list-style-type: none"> • scene management • current practice on casualty positioning • when to contact the emergency services • administration of adrenaline auto injector (AAI)

QNUK Level 3 Award in Outdoor First Aid (RQF) (603/2455/7)

8. Know how to provide First Aid to a casualty with suspected major illness; in relation to:	8.1	recognising suspected: <ul style="list-style-type: none"> heart attack stroke epileptic seizure asthma attack diabetic emergency 	✓	Common recognition features for these conditions, in accordance with the Voluntary Aids society First Aid Manual
	8.2	how to administer First Aid to a casualty suffering from: <ul style="list-style-type: none"> heart attack stroke epileptic seizure asthma attack diabetic emergency 	✓	Recommended First Aid treatment for these conditions in accordance with the Voluntary Aids Society First Aid Manual, including: <ul style="list-style-type: none"> scene management reducing the effects of the event suitable positioning when to contact the emergency services
9. Know how to provide First Aid to a casualty suffering from the effects of heat or cold; in relation to:	9.1	how to recognise a casualty who has been affected by heat and cold	✓	Common recognition features for the effects of heat and cold, including: <ul style="list-style-type: none"> shivering hypothermia dehydration heat exhaustion hyperthermia
	9.2	how to manage a casualty who has been affected by heat and cold	✓	Recommended First Aid treatment in accordance with the Voluntary Aids Society First Aid Manual for: <ul style="list-style-type: none"> shivering hypothermia dehydration heat exhaustion hyperthermia

QNUK Level 3 Award in Outdoor First Aid (RQF) (603/2455/7)

Appendix 2: Specimen Assessment Material

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

- A Immediately in call 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 water

3. Which of the following items should **NOT** be found in a First Aid kit?

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

QNUK Level 3 Award in Outdoor First Aid (RQF) (603/2455/7)

Contact Us

Please get in touch if you need any advice or guidance with this qualification.

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Version Number

Centres should make sure they are using the most up to date documents. To ensure you check the footer which will confirm the current version number.

Version 2: February 2020 – new qualification template applied

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