

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

<b>Contents</b>	<b>Page</b>
Introduction	2
Qualification purpose	2
Qualification objective	2
Qualification structure	2
Pre-requisites	2
Delivery requirements	2
Units of assessment	3
Assessment methods	3
Reasonable adjustments	4
Results	4
Progression routes	4
Acceptable forms of I.D.	4
Appendix 1 Learning Outcomes and Assessment Criteria	6
Appendix 2 Indicative Content	10
Appendix 3 Specimen Assessment Material	15

## 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 looking to undertake the role of a first aider in sports activities. The qualification also meets the requirements for a workplace emergency first aider 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

<b>Qualification accreditation number</b>	603/2451/X
<b>Qualification level</b>	3
<b>Guided learning hours (GLH)</b>	12
<b>Total Qualification Time (TQT)</b>	14
<b>Credit value</b>	2
<b>Validity</b>	3 years

## Pre-requisites

This qualification is aimed at those over 16 who are able to undertake the responsibilities associated with being an 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. 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 two-day period.

Learners should complete the qualification within 10 weeks.

### Trainer to learner ratio

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

### Optional and additional units

The learning outcomes for this qualification exceed that of the Emergency First Aid at Work qualification.

Learners can undertake unit two of the First Aid at Work qualification to achieve the QNUK Level 3 Award in First Aid at Work (RQF)

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

### 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 two mandatory units

**Unit one title** Emergency first aid in activities

**Unit one reference number** Y/616/4948

**Level** 3

**Credit** 1

**Guided learning hours** 6

**Status** Mandatory

**Unit two title** Recognition and management of illness and injury in activities

**Unit two reference number** M/616/4938

**Level** 3

**Credit** 1

**Guided learning hours** 6

**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% (28/40)

**Duration** 60 minutes

### Practical observation

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

<b>Method</b>	Practical observation
<b>Language of assessment</b>	English
<b>Grading</b>	Pass/Fail
<b>Pass mark</b>	100%
<b>Duration</b>	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 (RQF), or for those working in outdoor activities, the QNUK Level 3 Award in Outdoor First Aid (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 activities

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	
<b>1</b>	<b>Understand the role and responsibilities of a first aider; in relation to:</b>			
	1.1	the role and responsibilities of a 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	✓	
<b>2</b>	<b>Be able to assess an incident; in relation to:</b>			
	2.1	conducting a scene survey		✓
	2.2	conducting a primary survey of a casualty		✓
	2.3	summoning appropriate assistance when necessary		✓
<b>3</b>	<b>Be able to provide first aid to an unresponsive casualty; in relation to:</b>			
	3.1	when to administer Cardio-Pulmonary Resuscitation (CPR)		✓
	3.2	demonstrating CPR using a manikin		✓
	3.3	how to perform CPR for: <ul style="list-style-type: none"> <li>• Children</li> <li>• Victims of drowning</li> </ul>	✓	
	3.4	when to place a casualty into the recovery position		✓
	3.5	demonstrating how to place a casualty into the recovery position		✓
	3.6	how to administer first aid to a casualty who is experiencing a seizure	✓	
<b>4</b>	<b>Be able to provide first aid to a casualty who is choking; in relation to:</b>			
	4.1	when choking is: <ul style="list-style-type: none"> <li>• mild</li> <li>• severe</li> </ul>		✓
	4.2	demonstrating how to administer first aid to a casualty who is choking		✓
<b>5</b>	<b>Be able to provide first aid to a casualty with external bleeding; in relation to:</b>			
	5.1	the severity of external bleeding		✓
	5.2	demonstrating how to control external bleeding		✓

<b>6</b>	<b>Know how to provide first aid to a casualty who is in shock; in relation to:</b>		
6.1	recognising a casualty who is suffering from shock	✓	
6.2	how to administer first aid to a casualty who is suffering from shock	✓	
<b>7</b>	<b>Know how to provide first aid to a casualty with minor injuries; in relation to:</b>		
7.1	how to administer first aid to a casualty with: <ul style="list-style-type: none"> <li>• small cuts</li> <li>• grazes</li> <li>• bruises</li> <li>• small splinters</li> </ul>	✓	
7.2	how to administer first aid to a casualty with minor burns and scalds	✓	



**Unit 2 Recognition and management of illness and injury in activities**

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 2 Indicative Content.

		Assessment Method		
		MCQ	Obs	
<b>1</b>	<b>Be able to conduct a secondary survey; in relation to:</b>			
	1.1	the information to be collected when gathering a casualty history	✓	
	1.2	demonstrating how to conduct a head to toe survey		✓
<b>2</b>	<b>Be able to provide first aid to a casualty with suspected injuries to bones, muscles and joints; in relation to:</b>			
	2.1	recognising suspected: <ul style="list-style-type: none"> <li>• fractures and dislocations</li> <li>• sprains and strains</li> </ul>	✓	
	2.2	how to administer First aid for: <ul style="list-style-type: none"> <li>• fractures and dislocations</li> <li>• sprains and strains</li> </ul>	✓	
	2.3	demonstrating how to apply: <ul style="list-style-type: none"> <li>• a support sling</li> <li>• an elevated sling</li> </ul>		✓
<b>3</b>	<b>Be able to provide first aid to a casualty with suspected head and spinal injuries; in relation to:</b>			
	3.1	recognising a suspected: <ul style="list-style-type: none"> <li>• head injury</li> <li>• spinal injury</li> </ul>	✓	
	3.2	how to administer first aid for a suspected head Injury	✓	
	3.3	demonstrating how to administer first aid for a suspected spinal injury		✓
<b>4</b>	<b>Know how to provide first aid to a casualty with suspected chest injuries; in relation to:</b>			
	4.1	recognising a suspected: <ul style="list-style-type: none"> <li>• flail chest</li> <li>• penetrating chest injury</li> </ul>	✓	
	4.2	how to administer first aid for a: <ul style="list-style-type: none"> <li>• flail chest</li> <li>• penetrating chest injury</li> </ul>	✓	
<b>5</b>	<b>Know how to provide first aid to a casualty with an eye injury; in relation to:</b>			
	5.1	Identify how to administer First aid for a casualty with: <ul style="list-style-type: none"> <li>• a foreign body in eye</li> <li>• an eye injury</li> </ul>	✓	

<b>6</b>	<b>Be able to provide first aid to a casualty with bites and stings; in relation to:</b>			
6.1	how to administer first aid for:	<ul style="list-style-type: none"> <li>• bites</li> <li>• stings</li> </ul>	✓	
<b>7</b>	<b>Know how to provide first aid to a casualty with anaphylactic shock; in relation to:</b>			
7.1	recognising suspected anaphylaxis		✓	
7.2	how to administer first aid for a casualty suffering from anaphylaxis		✓	
<b>8</b>	<b>Know how to provide first aid to a casualty with suspected major illness; in relation to:</b>			
8.1	recognising suspected:	<ul style="list-style-type: none"> <li>• Heart Attack</li> <li>• Stroke</li> <li>• Epileptic seizure</li> <li>• Asthma attack</li> <li>• Diabetic emergency</li> </ul>	✓	
8.2	how to administer first aid to a casualty suffering from:	<ul style="list-style-type: none"> <li>• Heart Attack</li> <li>• Stroke</li> <li>• Epileptic seizure</li> <li>• Asthma attack</li> <li>• Diabetic emergency</li> </ul>	✓	
<b>9</b>	<b>Know how to provide first aid to a casualty suffering from the effects of heat or cold; in relation to:</b>			
9.1	Recognise the following conditions:	<ul style="list-style-type: none"> <li>• Shivering</li> <li>• Hypothermia</li> <li>• Dehydration</li> <li>• Heat exhaustion</li> <li>• Hyperthermia</li> </ul>	✓	
9.2	how to administer first aid to a casualty suffering from the following conditions:	<ul style="list-style-type: none"> <li>• Shivering</li> <li>• Hypothermia</li> <li>• Dehydration</li> <li>• Heat exhaustion</li> <li>• Hyperthermia</li> </ul>	✓	

## Appendix 2 Indicative Content

### Unit 1 Emergency First Aid in Activities

<b>1.1</b>	<b>The role and responsibilities of a first aider</b>
	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.
<b>1.2</b>	<b>How to minimise the risk of infection to self and others</b>
	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.
<b>1.3</b>	<b>The need for consent to provide First Aid</b>
	Learners should know why they need consent and when it should be obtained.
<b>2.1</b>	<b>Conducting a scene survey</b>
	Learners can demonstrate an awareness of the environment, other hazards, bystanders and available First Aid equipment.
<b>2.2</b>	<b>Conducting a primary survey of a casualty</b>
	Learners can conduct a primary survey of a casualty, to include; dangers, response, open airway and breathing check.
<b>2.3</b>	<b>Summoning appropriate assistance when necessary</b>
	Learners will know they type of assistance they require; whether bystanders or the emergency services, on completion of a primary survey.
<b>3.1</b>	<b>When to administer Cardio-Pulmonary Resuscitation (CPR)</b>
	Learners know how to differentiate between casualties who require resuscitation and when they should be placed into a recovery position.
<b>3.2</b>	<b>Demonstrating CPR using a manikin</b>
	The learner will demonstrate basic CPR in accordance with current UK resuscitation council guidelines
<b>3.3</b>	<b>How to perform CPR for:</b>
	<ul style="list-style-type: none"> <li>• Children</li> <li>• Victims of drowning</li> </ul>
	The learner will know the adjustments to the adult CPR protocol where the casualty is a child or victim of drowning to include initial 5 breaths and when to contact the emergency services if alone.
<b>3.4</b>	<b>When to place a casualty into the recovery position</b>
	Learners know how to differentiate between casualties who require resuscitation and when they should be placed into a recovery position.

<b>3.5</b>	<b>Demonstrating how to place a casualty into the recovery position</b>
	The learner can demonstrate the recovery position, as outlined by the latest UK resuscitation council guidelines.
<b>3.6</b>	<b>How to administer First Aid to a casualty who is experiencing a seizure</b>
	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
<b>4.1</b>	<b>When choking is:</b> <ul style="list-style-type: none"> <li>• mild</li> <li>• severe</li> </ul>
	Learners will know the recognition features of a mild and a severe obstruction of the airway.
<b>4.2</b>	<b>Demonstrating how to administer First Aid to a casualty who is choking</b>
	Learners will be able to demonstrate the treatment protocol for a choking casualty, as per the current UK resuscitation council guidelines.
<b>5.1</b>	<b>The severity of external bleeding</b>
	Learners will be able to identify the characteristics of capillary, venous and arterial bleeding.
<b>5.2</b>	<b>Demonstrating how to control external bleeding</b>
	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.
<b>6.1</b>	<b>How to recognise a casualty who is suffering from shock</b>
	Learners will be able to recognise the common recognition features of a casualty in hypovolaemic shock.
<b>6.2</b>	<b>How to administer First Aid to a casualty who is suffering from shock</b>
	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.
<b>7.1</b>	<b>How to administer First Aid to a casualty with:</b> <ul style="list-style-type: none"> <li>• small cuts</li> <li>• grazes</li> <li>• bruises</li> <li>• small splinters</li> </ul>
	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.
<b>7.2</b>	<b>How to administer first aid to a casualty with minor burns and scalds.</b>
	Learners will know how to deal with minor in line with accepted current practice as outlined in the Voluntary Aids Society First Aid Manual.

## Appendix 2 Indicative Content

### Unit 2 Recognition and management of illness and injury in the workplace

<b>1.1</b>	<b>The information to be collected when gathering a casualty history</b>
	Information to be collected should include: signs and symptoms, allergies, medication, past medical history, last meal/drink, events that have led to this.
<b>1.2</b>	<b>How to conduct a head to toe survey</b>
	The learner will be able to perform a head to toe survey on an unresponsive casualty. Learners should also know how to perform a top-to-toe on a conscious casualty.
<b>2.1</b>	<b>Recognising suspected:</b> <ul style="list-style-type: none"> <li>• <b>Fractures and dislocations</b></li> <li>• <b>Sprains and strains</b></li> </ul>
	Learners will know how to recognise the common signs of a fracture and dislocation of a limb or digits. They will also be able to recognise common sprains and strains.
<b>2.2</b>	<b>How to administer First Aid for:</b> <ul style="list-style-type: none"> <li>• <b>Fractures and dislocations</b></li> <li>• <b>Sprains and strains</b></li> </ul>
	Learners will know how to support and provide basic First Aid to a casualty with a dislocation or fracture to a limb or digit and common sprains and strains.
<b>2.3</b>	<b>Demonstrating how to apply:</b> <ul style="list-style-type: none"> <li>• <b>a support sling</b></li> <li>• <b>an elevated sling</b></li> </ul>
	Learners will be able to apply both slings using a recognised technique.
<b>3.1</b>	<b>Recognising a suspected:</b> <ul style="list-style-type: none"> <li>• <b>Head injury</b></li> <li>• <b>Spinal injury</b></li> </ul>
	Learners will be able to recognise the common signs and symptoms of a mild head injury, a severe head injury and a suspected spinal injury in a conscious casualty.
<b>3.2</b>	<b>How to administer First Aid for a suspected head Injury</b>
	Learners will know the basic First Aid treatment for a head injury to include management of the injury, casualty position and when to contact the emergency services.
<b>3.3</b>	<b>How to administer First Aid for a suspected spinal injury</b>
	Learners will be able to demonstrate the correct management of a casualty with a spinal injury who is conscious, unconscious and breathing and unconscious and not breathing. They will be able to perform a spinal log roll as part of a team.

<b>4.1</b>	<b>Recognising a suspected:</b> <ul style="list-style-type: none"> <li>• <b>Flail chest</b></li> <li>• <b>Penetrating chest injury</b></li> </ul>
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Learners will know the recognition features of a flail chest and a penetrating chest injury.

<b>4.2</b>	<b>How to administer First Aid for a:</b> <ul style="list-style-type: none"> <li>• <b>Flail chest</b></li> <li>• <b>Penetrating chest injury</b></li> </ul>
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Learners will know the First Aid treatment for a casualty with:

- flail chest
- penetrating chest injury

<b>5.1</b>	<b>How to administer First Aid for a casualty with:</b> <ul style="list-style-type: none"> <li>• <b>a foreign body in eye</b></li> <li>• <b>an eye injury</b></li> </ul>
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Learners will know how to treat eye injuries in line with current First Aid practice.

<b>6.1</b>	<b>How to administer First Aid for:</b> <ul style="list-style-type: none"> <li>• <b>Bites</b></li> <li>• <b>Stings</b></li> </ul>
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Learners will know how to treat common bites and stings to include: insects, animals, bees and wasps and nettles.

<b>7.1</b>	<b>Recognising suspected anaphylaxis</b>
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Recognition features as outlined in the Voluntary Aids Society First Aid Manual. To include:

- 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

<b>7.2</b>	<b>How to administer First Aid for a casualty suffering from anaphylaxis</b>
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Treatment to include scene management, current practice on casualty positioning, when to contact the emergency services and administration of adrenaline auto injector (AAI).

<b>8.1</b>	<b>Recognising suspected:</b> <ul style="list-style-type: none"> <li>• <b>Heart Attack</b></li> <li>• <b>Stroke</b></li> <li>• <b>Epileptic seizure</b></li> <li>• <b>Asthma attack</b></li> <li>• <b>Diabetic emergency</b></li> </ul>
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Recognition features in line with the current version of the Voluntary Aids Society First Aid Manual.

<b>8.2</b>	<p><b>How to administer First Aid to a casualty suffering from:</b></p> <ul style="list-style-type: none"> <li>• <b>Heart Attack</b></li> <li>• <b>Stroke</b></li> <li>• <b>Epileptic seizure</b></li> <li>• <b>Asthma attack</b></li> <li>• <b>Diabetic emergency</b></li> </ul>
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Recognition features in line with the current version of the Voluntary Aids Society First Aid Manual. To include scene management, reducing the effects of the event, suitable positioning, when to contact the emergency services.

<b>6.1</b>	<p><b>Recognise the following conditions:</b></p> <ul style="list-style-type: none"> <li>• <b>Shivering</b></li> <li>• <b>Hypothermia</b></li> <li>• <b>Dehydration</b></li> <li>• <b>Heat exhaustion</b></li> <li>• <b>Hyperthermia</b></li> </ul>
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Learners will be able to recognise the common recognition features for the conditions, as outlined in the Voluntary Aids society First Aid Manual

<b>6.2</b>	<p><b>Identify how to administer First Aid to a casualty suffering from the following conditions:</b></p> <ul style="list-style-type: none"> <li>• <b>Shivering</b></li> <li>• <b>Hypothermia</b></li> <li>• <b>Dehydration</b></li> <li>• <b>Heat exhaustion</b></li> <li>• <b>Hyperthermia</b></li> </ul>
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Learners will know how to support a casualty suffering from the conditions, as outlined in the Voluntary Aids Society First Aid Manual.

## 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