

Outdoor Activity First Aid (OAFA)

This course is ideal for people who have responsibility for taking groups of people on outdoor activities, overseeing outdoor events on-island, or taking groups off-island.



What you will learn?

Attending this two day course (16 hours) you will learn how to deal with conditions specific to leisure and sporting activities in both indoor and outdoor environments. You will also undertake practical work in the outdoor environment.

Role of the first aider	Communication & casualty care
Primary survey	Casualty management - outdoors
Resuscitation (Adult & Child)	Choking (Adult & Child)
Unresponsive casualty	Chest pains
Asthma	Poisons
Head injuries	Burns
Heat and cold extreme	Bone, muscle & joint injuries
Bleeding – minor	Spinal Injury
Bleeding – severe	Seizures
Low blood sugar	Fainting
Shock	Bites and stings; severe allergic reaction

Certification

The course will include assessment on practical skills in outdoor scenarios.

On successful completion of the course an Outdoor Activity First Aid certificate, valid for 3 years, will be issued, together with certificates for Emergency First Aid at Work (EFAW) and Anaphylaxis.

Course duration and cost

16 hours, over two days. £150.00 per delegate, to include all training materials.

Note – delegates must attend both dates in order to complete the course