

QUALIFICATION SPECIFICATION



FAA LEVEL 3 AWARD IN OUTDOOR FIRST AID (RQF)

November 2023 : V1.4



This qualification is designed to enable learners to undertake the role of the first aider when in rural and the more remote regions of the UK.

It is suitable for self-reliant outdoor activity instructors, teachers or leaders operating in situations where a number of hazards may be present or help may be up to a few hours away for example an outdoor education tutor, mountain or canoe expedition leader, Duke of Edinburgh assessor or forest school leader.

The learner will gain the first aid skills and knowledge to competently and confidently provide first aid in an outdoor remote environment.

The 16-hour qualification meets the Outdoor First Aid Band 3 requirements set by the Institute for Outdoor Learning and the requirements for the first aid element of the expedition syllabus for the bronze, silver and gold Duke of Edinburgh awards.

This qualification is regulated in the UK and awarded by First Aid Awards (FAA).

FAA are an awarding organisation regulated by Ofqual and SQA Accreditation and the qualification sits on the Regulated Qualifications Framework (RQF).

The qualification is delivered, assessed, and quality assured adhering to the [Assessment Principles for Regulated First Aid Qualifications](#), and delivered and assessed in accordance with the current Resuscitation Council UK Guidelines.

The qualification is aligned with the Institute for Outdoor Learning Statement of Good Practice for Outdoor First Aid Training.



QUALIFICATION STRUCTURE

The qualification consists of two units which learners must successfully complete to achieve the FAA Award in Outdoor First Aid qualification.

Learning outcomes and assessment criteria

FAA qualifications have set learning outcomes and assessment criteria. The learning outcomes describe the skills and knowledge a learner will gain by successfully completing the qualification. The assessment criteria state the skills, knowledge, and competence a learner will be required to demonstrate during assessment.

Qualification number	RQF 601/8627/6
The qualification consists of two units	
Unit 1	
Unit title	Outdoor Emergency Action
RQF unit code	K/508/3085
Guided Learning Hours (GLH)	8 hours
Total Qualification Time (TQT)	10 hours
LEARNING OUTCOMES The learner will:	ASSESSMENT CRITERIA The learner can:
1. Understand the scope of first aid in the outdoors	1.1 Describe features of outdoor first aid 1.2 Identify first aid equipment for emergency incidents in the outdoors 1.3 Summon assistance during emergency incidents in the outdoors
2. Be able to interpret vital sign information whilst responding to an emergency incident in the outdoors	2.1 Describe the principles of casualty monitoring 2.2 Demonstrate monitoring of a casualty whilst they are in the recovery position 2.3 Respond to changing vital signs 2.4 Respond to signs commonly shown by a casualty suffering from hypothermia 2.5 Prioritise first aid to a casualty who requires more than one emergency first aid intervention
3. Be able to assess an emergency situation safely in the outdoors	3.1 Conduct a scene survey 3.2 Minimise the risk of infection to self and others 3.3 Conduct a primary survey of a casualty 3.4 Conduct a secondary survey on a casualty who is wearing activity kit
4. Be able to respond to an incident involving an unresponsive casualty with normal breathing, in the outdoors	4.1 Place an unresponsive casualty into a suitable position to maintain a safe airway 4.2 Consider environmental factors whilst administering first aid, including: • Slope • Temperature • Wind direction • Strong sunlight 4.3 Manage an unresponsive casualty when assistance is more than 30 minutes away
5. Be able to respond to an incident involving an unresponsive casualty who is not breathing normally, in the outdoors	5.1 Demonstrate adult cardiopulmonary resuscitation (CPR) on a manikin 5.2 Describe the accepted modifications in CPR protocols for: • An unresponsive non-breathing casualty after a near-drowning incident • An unresponsive non-breathing child casualty • An unresponsive non-breathing casualty who is remote from immediate medical help • An unresponsive non-breathing lightning strike casualty 5.3 Demonstrate when and how to remove outdoor activity equipment from an unresponsive non-breathing casualty 5.4 Demonstrate action for an unresponsive vomiting casualty
6. Be able to respond to an incident involving a choking casualty in the outdoors	6.1 Identify when a casualty is choking 6.2 Demonstrate how to administer first aid to a casualty who is choking
7. Be able to respond to an incident involving blood loss in the outdoors	7.1 Identify whether external bleeding is life-threatening 7.2 Demonstrate how to administer first aid to a casualty with external bleeding 7.3 Recognise when a casualty is suffering from shock 7.4 Identify how to administer first aid to a casualty who is suffering from shock
Additional information CPR – minimum demonstration time of 2 minutes at floor level. May additionally include use of rescue breath barrier devices Shock – hypovolaemic shock (resulting from blood loss)	

Unit 2	
Unit title	Outdoor Incident Management
RQF unit code	M/508/3086
Guided Learning Hours (GLH)	8 hours
Total Qualification Time (TQT)	10 hours

LEARNING OUTCOMES The learner will:	ASSESSMENT CRITERIA The learner can:
1. Be able to apply incident management and casualty assessment principles in the outdoors	1.1 Identify the information to be collected when gathering a casualty history 1.2 Provide emotional support to a casualty 1.3 Manage a casualty who is wearing outdoor activity clothing or equipment 1.4 Justify when and how to move a casualty 1.5 Demonstrate incident management actions when accompanied by others
2. Be able to respond to an incident involving limb injury in the outdoors	2.1 Recognise a suspected: • fracture or dislocation • sprain or strain 2.2 Identify how to administer first aid for a casualty with suspected: • fracture or dislocation • sprain or strain 2.3 Demonstrate how to apply: • a support sling • an elevated sling
3. Be able to respond to an incident involving a casualty with a head, neck or torso injury in the outdoors	3.1 Recognise and manage a responsive casualty with: • A head injury • A spinal injury • A chest injury • An abdominal injury • A pelvic injury 3.2 Recognise and manage an unresponsive casualty with: • A head injury • A spinal injury • A chest injury • An abdominal injury • A pelvic injury
4. Know how to provide first aid to a casualty with suspected major illness	4.1 Recognise and manage a casualty showing signs of the following life-threatening conditions: • Heart attack • Stroke • Diabetic hypoglycaemic emergency • Asthma • Epileptic seizure • Anaphylaxis 4.2 Demonstrate the use of a 'training device' adrenaline auto-injector
5. Be able to respond to an incident involving the effects of cold and heat in the outdoors	5.1 Recognise and manage a casualty with the signs of: • Shivering • Hyperthermia • Frostbite • Dehydration • Heat exhaustion • Hypothermia
6. Know how to provide first aid to a casualty with minor injuries	6.1 Recognise and manage a casualty with the signs of: • Splinters • Blisters • Minor burns/scalds • Animal bites • Stings • Poisoning • Dust in eyes • Bright light eye injury

Additional information

Head injury includes concussion, compression, and skull fracture. The learner is not expected to differentiate between these conditions
Use of a 'training device' adrenaline auto-injector must be demonstrated using a training device and **NOT** a live auto-injector



ENTRY REQUIREMENTS

The qualification is available to learners aged 16 or over.

It is recommended that learners hold a minimum of level 1 in literacy or equivalent to undertake this qualification.

It may be possible to grant a reasonable adjustment for a learner who has a disability, medical condition or learning need following the [FAA Reasonable Adjustment and Special Consideration Policy](#). For example, assistance could be given with reading or writing.

Due to the practical nature of the first aid assessment there are physical demands. Learners must be able to get to the floor unaided and successfully demonstrate all required elements of the practical assessment on their own, with the casualty on the floor, as in a real-life situation. For example, a learner will need to get to the floor unassisted and demonstrate effective cardiopulmonary resuscitation on a manikin at floor level.

If a learner has any concerns they should contact their training provider to discuss before attending the course.

QUALIFICATION DELIVERY

The qualification has 16 assigned guided learning hours (GLH) and 20 hours total qualification time (TQT).

GLH indicates the number of contact hours that the learner will undertake being taught or assessed under the immediate guidance or supervision of the trainer/assessor in the classroom.

TQT includes GLH but also considers any unsupervised learning or preparation that a learner may undertake independently which could include self-study or the completion of set tasks.

The minimum classroom contact time of 16 hours must be delivered over a minimum of 2 days or can be completed over a maximum of 9 weeks ensuring that each session is a minimum of two hours.

The learner ratio for the qualification is a maximum of 12 learners to 1 trainer/assessor.

QUALIFICATION ASSESSMENT

The qualification is assessed through practical demonstration and written assessment and a learner must pass both assessments to be awarded the qualification.

There is no grading of the assessment, learners pass or are referred.

Practical assessment

Scenarios are set recreating a real-life situation as far as possible to enable a learner to demonstrate their knowledge and practical skills. During the practical assessment the learner will be asked set related oral questions by the trainer/assessor.

The practical assessment is ongoing throughout the course with the trainer/assessor making learners aware of when they are being assessed and what they are required to demonstrate.

A learner must satisfactorily complete each scenario to pass the practical assessment.

Written assessment

The learner must pass a written assessment.

QUALIFICATION VALIDITY

The qualification is valid for three years from the date of achievement.

It is strongly recommended that the learner attends annual refresher training.

Requalification

To requalify learners will need to complete the full 16-hour course again



PROGRESSION

Learners who achieve this qualification could progress on to other FAA first aid and related qualifications. FAA also offer qualifications in health and safety including fire safety and manual handling, food safety, safeguarding, and first aid for mental health if a learner wanted to diversify.

Qualification specifications for all FAA qualifications can be found on the [FAA website](#).

