

## Course Description

## Remote Emergency Care Level 3



# Training Expertise



Registered in England as Wilderness Expertise Training Ltd at Priory House,  
45-51 High Street Reigate, Surrey, RH2 9HE. Registered No 04484958

Training Expertise  
The Octagon  
Wellington College  
Crowthorne  
Berks  
RG45 7PU

01344 774430

[www.training-expertise.co.uk](http://www.training-expertise.co.uk)



## **Level 3: First Aid at Work**

### **What is it?**

This is a four-day course that complies fully with the Health and Safety Executive's requirements for First Aid at Work training. Training involves plenty of hands-on practicals and scenarios.

### **Who's it for?**

This course is designed for people who wish to be the designated first aider in their workplace. Training is designed around the participants' workplaces, which would typically involve outdoor working.

### **Do I need to have learned first aid before?**

No – this is an entry-level course.

### **How long does it last?**

Four days. Training typically runs from 9am until 5.30pm each day.

### **What does it cover?**

- Scene management and personal protection
- Legal considerations
- The ABCDE of first aid
- Dealing with unconscious patients
- Airway management and The Safe Airway Position
- Choking and asthma
- Serious bleeding
- Burns
- Managing head and spinal injuries
- Cardiopulmonary Resuscitation and Automated External Defibrillator (AED) use
- Cardiopulmonary Resuscitation in the wilderness
- Management of shock, including anaphylaxis and the use of the EpiPen
- Vital signs and patient monitoring
- Fracture management
- Wound management – cuts, grazes, road rash and blisters
- Diabetes and dealing with low blood sugar
- Hypothermia, dehydration and hyperthermia
- Heart disease
- Seizures and stroke
- Drowning
- Triage
- Recording and reporting incidents at work
- Your duties as the first aider at work
- Written, practical and oral exam

### **Do I get a certificate?**

Yes – you will be issued a certificate valid for 2 years, certified by Remote Emergency Care (see [www.remoteemergencycare.com](http://www.remoteemergencycare.com) for details).

### **Who should I contact?**

To find out more, contact the Training Expertise team on [info@training-expertise.co.uk](mailto:info@training-expertise.co.uk) or 01344 77 44 30.