



**First Aid**  
Training Solutions  
Saving lives at work



QA Level 2 Award in

# Activity First Aid (RQF)



2 day  
course



Ofqual  
regulated



Certificate  
valid for 3 years

## Be Prepared

**Would you know how to provide effective first aid in an emergency?**

The **QA Level 2 Award in Activity First Aid (RQF)** is a regulated and nationally recognised qualification designed for those who have a responsibility to provide first aid in outdoor and activity based environments.

Successful candidates will gain the knowledge and skills needed to treat a range of conditions that could occur during any form of activity, from life threatening illnesses to minor injuries.

## What's Covered?

- ⊕ The role and responsibilities of a first aider
- ⊕ Assessing an incident
- ⊕ Managing an unresponsive casualty
- ⊕ CPR and AED use
- ⊕ Recovery Position
- ⊕ Heart Attack
- ⊕ Stroke
- ⊕ Head, neck and back injuries
- ⊕ Chest and abdominal injuries
- ⊕ Fractures
- ⊕ External bleeding
- ⊕ Shock
- ⊕ Burns and scalds
- ⊕ Choking
- ⊕ Poisoning
- ⊕ Anaphylaxis
- ⊕ Asthma
- ⊕ Diabetes
- ⊕ Epilepsy and seizures
- ⊕ Treatment for hot and cold temperatures
- ⊕ Minor injuries
- ⊕ Sprains, strains and dislocations
- ⊕ Eye injuries

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