

OUTDOOR FIRST AID

COURSE DURATION	16 hours
CERTIFICATION	3 years
QUALIFICATION	Senior Outdoor First Aider – suitable for DoFE Leaders
ASSESSMENT <i>(with an appeals process – details on request)</i>	Continuous by your trainer with an underpinning knowledge quiz at the end.
ADDITIONAL SUBJECTS <i>(and bespoke content)</i>	Additional subjects could add extra time to your course. If you require bespoke content, please get in touch.
RENEWAL (within 3 years)	Candidates will need to repeat the entire course
MCG POLICIES <i>(details on request)</i>	MCG has an equality and diversity policy and a robust complaints policy and procedure – we treat all opportunities to improve our service with positivity and respect. Our GDPR privacy policy and general terms and conditions are available to view at www.mcgtraining.co.uk .

CONTENT – HSE and Resuscitation Council content-compliant *(there are paediatric elements to this course)*

<ul style="list-style-type: none"> • Roles, responsibilities and the law • Equipment, resources and planning your trip • Incident management, scene survey and emergency procedures • Summoning assistance and vital sign monitoring • Treatment positions and casualty movement • Primary and secondary surveys • The unconscious casualty <ul style="list-style-type: none"> ○ Fainting ○ Seizure ○ Recovery position • Bites and stings • Anaphylaxis • Asthma and hyperventilation • Eye injuries • Foreign objects • Bleeding, injuries and shock, including life-threatening bleed, impalement, crush, amputation, chest and abdomen injuries 	<ul style="list-style-type: none"> • Bone, muscle and joint injuries • Head and spinal injuries • Burns • Electrocution • Heat and cold injury • Poisons • Diabetes • Stroke • When to worry about dehydration, headache, earache and stomachache • Chest pain • CPR and safe use of the AED • Drowning • Choking <p><u>Outdoor practicals (weather permitting):</u></p> <table style="width: 100%; border: none;"> <tr> <td>Treatment positions</td> <td>Slings + immobilisation</td> </tr> <tr> <td>Surveys</td> <td>Spinal recovery position</td> </tr> <tr> <td>Recovery position</td> <td>CPR</td> </tr> <tr> <td>Autoinjector</td> <td>Safe use of an AED</td> </tr> <tr> <td>Bandaging</td> <td>Scenario practice</td> </tr> </table>	Treatment positions	Slings + immobilisation	Surveys	Spinal recovery position	Recovery position	CPR	Autoinjector	Safe use of an AED	Bandaging	Scenario practice
Treatment positions	Slings + immobilisation										
Surveys	Spinal recovery position										
Recovery position	CPR										
Autoinjector	Safe use of an AED										
Bandaging	Scenario practice										



T 01344 774 856 E admin@mcgtraining.co.uk W www.mcgtraining.co.uk

Core Values - Quality | Service | Integrity | Communication

Purpose - To teach people how to manage an out-of-hospital medical emergency, prevent injury and promote health and wellbeing, both at work and at home.
Mission Statement – To help organisations build and maintain a positive safety culture and control their own health, safety and wellbeing management systems.