

QA Level 2 Award in Activity First Aid (RQF)

The Level 2 Award in Activity First Aid (RQF) is a regulated and nationally recognised qualification, designed specifically for those individuals who need to deal with a range of emergency first aid situations that can arise with both adults and children whilst taking part in outdoor or activity based environments such as sports, swimming, hiking, rock climbing etc.

This qualification will enable candidates to attain the knowledge and practical competencies needed to deal with a range of first aid situations.

Candidates should be able to demonstrate the practical administration of safe, prompt, effective first aid in emergency situations with an understanding of the role of a first aider.

This qualification is valid for a period of 3 years. Candidates will need to retake the qualification before the certificate expiry date to remain qualified.

Entry requirements:

In order to complete this qualification candidates must:

- Be a minimum of 14 years of age
- There are no other formal entry requirements but to benefit from the learning we advise that candidates have a minimum of Level 1 in literacy or numeracy or equivalent
- Due to the practical nature of this course, candidates should wear appropriate clothing and footwear, e.g. trousers and flat footwear.

Delivery & assessment methods:

The QA Level 2 Award in Activity First Aid (RQF) is delivered over a 2 day classroom based programme incorporating practical exercises.

Assessment is an ongoing process throughout the course by using questions and answer sessions, 6 practical assessments and two multi choice question papers.

Course content:

Candidates will develop the essential skills and knowledge needed to deal with a range of first aid situations including how to give effective life support, diagnose and treat injuries, and maintain care and comfort of the casualty.

Units covered:

During the course candidates will cover the following topics:

Unit 1: First Aid Essentials

Role and responsibility of the first aider, incident and casualty assessment, primary assessment, CPR and AED, unconscious casualty breathing normally, recovery position, management of seizure, choking casualty, control of bleeding, shock and minor injuries.

Unit 1 is assessed by 4 practical assessments and a multi choice question paper.

Unit 2: Management of Illness and Injury in Activities

Secondary survey, fractures, dislocations, sprains and strains, head and spinal injuries, chest and abdominal injuries, burns and scalds, eye injuries, poisonous substances, anaphylaxis, major illnesses, extremes of head and cold.

Unit 2 is assessed by 2 practical assessments and a multi choice question paper.

What next?

The QA Level 2 Award in Activity First Aid (RQF) may be used towards other qualifications at the same and higher level, plus aid career progression in a relevant profession.

Course location, timings and cost:

Derby or Client Location

Time: 0830 - 1630 hours

Cost: £ 100 + VAT (£120) per delegate