



**SOLUTION
AID**

REC Outdoor – 16 Hours [2 Days]

Solution Aid is approved to run First Aid Training certificated by Rescue & Emergency Care (REC) & Nuco Training

REC Outdoor – 16 Hours [2 Days]

Module 2 of the REC approach covers Day 1 (REC Outdoor - 8 Hours [1 Day]) and offers a supplementary day that covers practical interactive scenarios and helps develop incident management skills. This course can be geared towards urban or rural environments.

The course is also designed to cover the needs of the following National Governing Bodies for their instructor awards. (ML, SPA, NCA, BCU, RYA, BOF, MIA, MIC etc)

Price inclusive of all course materials, course handbook and certification.

(This price does not include room hire).

Courses tailored to

- The workplace
- Youth workers
- Outdoor workers
- School teachers
- Nursing home staff
- Travel industry staff

The training package

- 2 x 8 hour sessions
- Interactive hands on practical training
- One CPR training manikin per 2 participants
- Easy to follow individual course materials
- A recognised certificate valid for 3 years

No previous training is required for this course. Continuous Assessment takes place during this course.

Course content

- First Aid Principles
- Vital Signs
- Accident Procedure – ABCDE
- Safe Airway Position
- Bleeding/Shock
- Dealing with incidents
- Resuscitation Theory
- Resuscitation (CPR) for Heart Attack and Non Heart Attack
- Choking
- Limb Injuries (Damage)
- Head & Neck Injuries
- Chest & Stomach Injuries
- Common Medical Emergencies
- Hypothermia
- Hyperthermia
- Two Person Rescues
- Triage

Price inclusive of all course materials and certification.

(Please visit the Solution Aid website – www.solutionaid.co.uk for up to date course prices).