



**SOLUTION
AID**

REC Outdoor – 8 hours [1 Day]

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

REC Outdoor – 8 hours [1 Day]

This is a basic lifesaving course designed to provide practical hands on training to develop techniques and a systematic approach to First Aid. It is Module 1 of the REC modular approach to First Aid. This course covers the requirements of the HSE 'Appointed Person' in the workplace.

Courses tailored to

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

The training package

- 1 x 8 hour session
- 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

Price inclusive of all course materials and certification.

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