

the course

- a two day (16 hour) course. The emergency first aid course is designed to introduce a systematic method of first aid for managing casualties. The course is a balance of practical inter mixed with scenarios of real situations. The course includes:
- the fundamental workings of the body in particular the heart, lungs & airway
- assessing a casualty
- introduces a system to cope with all incidents as safely as possible
- deciding how to deal with an accident or incident
- awareness of delayed medical help and adverse environmental conditions



emergency first aider

- emergency first aider is able to take control of an incident in the absence of a standard first aider
- emergency first aiders is able to cope with common occurrences • collapse • choking • bleeding • injury
- further training is needed for • advanced first aid • instructors • offshore • special hazards.

the content

- training for rescue emergency care with the REC scheme is easy and fun, the course is progressive by building on each session, introducing new scenarios to test all techniques
- **emergency** vital signs • emergency action • airway • unconscious • choking • bleeding
breathing & circulation problems • emergency breathing • cpr
- **environment** heat stress • cold stress • hot injuries • cold injuries
- **illness** chest pain • asthma • epilepsy • diabetes
- **injury** head • spine • chest • abdomen • pelvis • bones • soft tissue • eye
- **rescue** transportation • communication

the candidates

- all candidates entering the REC scheme start with the emergency first aid module • REC emergency first aid is a certified course



the qualification

- emergency first aid course is certified for three years and is an entry point for the REC scheme and approved for RYA/BCU/MLTB