



Company Details
EFR Training Ltd.



TOPICS COVERED

Role of the First Aider
Preventing cross infection
Recording incidents & accidents
Use of a First Aid kit
Assessing a medical emergency
Common outdoor injuries & illness
Treatment in the field
Evacuation techniques
Emergency outdoor kit
Prioritising & basic triage

Able to administer first aid for:

An unconscious casualty
A casualty suffering a seizure
A casualty requiring CPR & AED
A casualty who is choking
A casualty who is bleeding
A casualty who is in shock
Minor injuries
Environmental injuries & illness



EFR TRAINING

THIS IS TO CERTIFY THAT

Your Learner

HAS SUCCESSFULLY COMPLETED

Outdoor First Aid (16 Hours)

This certificate has been issued for the purposes of complying with the requirements of the Health and Safety (First-Aid) Regulations 1981.

EFR Training Ltd. provides training and assessment in accordance with currently accepted first-aid practice.

This 16hr (2 Day) Outdoor First Aid Course meets the required minimum content for the training needs of the UK outdoor national governing bodies.

This certificate is valid for 3 years from date of issue.

Dated: xx/xx/2020

Buster Smith

Managing Director
EFR Training Ltd.

UK PRN: 10063320
UK CRN: 10181386

Student Id: xxxxxxxx
Certificate Number: xxxxxxxx

Trainer: Your Trainer