



SOEC FIRST AID COURSE INFORMATION

REC Basic First Aid (1 day – 8 hours)

The course is for statutory and work place needs and is designed to introduce a systematic way of first aid for managing casualties. This basic course, which is suitable for low risk workplaces, will allow you to:

- Take control of an incident in the absence of a qualified first aider and get appropriate help
- Be able to cope with common occurrences such as collapse, choking, bleeding or injury
- Further training is needed for common injuries/burns, common illness

Course Dates	Location
24 September	Venue tbc
1 October	Dounans Centre, Aberfoyle
18 October	Broomlee Centre, West Linton
22 November	Belmont Centre, Meigle
31 January 2011	Loaningdale Centre, Biggar
22 February 2011	Dounans Centre, Aberfoyle



rescue *emergency care*

Content

First aid training with the REC scheme is easy and fun. The course is progressive by building on each session, introducing new scenarios to test the techniques for:

- Vital signs: conscious level • breathing • colour • temperature
- Emergency action: a methodical step-wise system to manage emergencies safely
- Airway problems: recognizing and controlling airway problems
- Breathing problems: how to cope with choking
- Circulation problems: someone collapses • shock • chest pain • heart stoppage
- Unconscious casualty: what is the cause? • what can you do?
- Bleeding: treating bleeding from open wounds
- CPR: cardiopulmonary resuscitation • UK and European Resuscitation guidelines

Candidates

- All candidates entering the REC scheme start with the basic first aid module

Qualification

- The Appointed Person / Basic First Aid course is certified for three years

Price: £65.00 including lunch and refreshments.



rescue *emergency care*

Other first aid courses available:

REC Emergency First Aid (2 days – 16 hours): Valid for 3 years

Price: £125.00 including lunch and refreshments

REC First Aid at Work (3 days – min 24 hours) – can be updated by a 2 day refresher before expiry after 3 years

Price: £235.00 including lunch and refreshments

REC First Aid at Work requalifying course (2 days – min 12 hours) – Valid for 3 years

Price: £195.00 including lunch and refreshments

REC Advanced first aid – 2 days (16 hours)

The Advanced First Aid course is certified for three years.

REC Travel first aid (2 days – 16 hours): valid for 3 years

Price: Please contact us for prices

REC Trainer first aid (4 days – 24 hours)

Price: £550.00. Please contact us for dates.



rescue emergency care

About us:

SOEC offers a broad range of educational programmes and outdoor experiences to schools and a wide range of groups.

Our programmes are designed to be exciting, challenging and relevant to every group. Whilst always fun they also maximise every learning opportunity for children and young people to learn about their potential and the world they live in.

SOEC Centres can also accommodate groups who may simply wish to make use of the facilities for their own programme; whether music, drama, conferences or a celebration.

We are a charity and social enterprise employing over 80 staff to ensure the customer's experience is memorable and successful.

Interested in finding out more? Please ask for one of our brochures or telephone the number below.

Scottish Outdoor Education Centres

Loaningdale House

Carwood Road

BIGGAR

ML12 6LX

01899 221115

info@soec.org.uk

www.soec.org.uk



rescue emergency care

Scottish
Outdoor
Education
Centres

