



SOEC FIRST AID COURSE INFORMATION

REC Emergency First Aid (2 days – 16 hours)

The emergency first aid course is designed to introduce a systematic way of first aid for managing casualties. Topic learning and practical intermixed with scenarios of real situations. The course includes:

- The fundamental workings of the body, in particular the heart, lungs and 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

Course Date	Location
25-26 September	Venue tbc.
2-3 October	Dounans Centre, Aberfoyle
19-20 October	Loaningdale Centre, Biggar
18-19 November	Belmont Centre, Meigle
4-5 December	Broomlee Centre, West Linton
29-30 January 2011	Loaningdale Centre, Biggar
23-24 February	Dounans Centre, Aberfoyle



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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 all techniques for:

- Emergency: vital signs • emergency action • airway • unconscious • choking • bleeding
- breathing and circulation • cpr
- Environment: heat stress • cold stress • hot injuries • cold injuries
- Illness: chest pain • stroke • asthma • epilepsy • diabetes
- Injury: head • spine • chest • abdomen • pelvis • bones • soft tissue • eye
- Rescue: transportation • communication

Candidates

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

Qualification

- The Emergency first aid course is certified for three years and is an entry point for the REC scheme. It is the approved course for RYA, BCU, MLTB

Price: £125.00 including lunch and refreshments

(Accommodation and meals can be provided at additional cost.)



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First aid courses available at SOEC:

REC Basic First Aid (one day – 8 hours): Valid for 3 years

Price: £65.00 including lunch and refreshments

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.



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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

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