



SOEC FIRST AID COURSE INFORMATION

REC 5 - Travel first aid (2 days – 16 hours)

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

- Development of skills gained at emergency level
- In-depth review of emergency care topics
- Advanced techniques • skills • development
- Review of special interest topics by the candidates

Price: Please contact us for prices.

Course Date	Location
12-13 January 2011	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:

- Environment: hazards • cold • heat • chemicals • poisons • light • toxic substances
- Escort: vital signs • psychological • monitor • fluids • stretcher • splints • pain control
- Illness: chest pain • stroke • asthma • epilepsy • diabetes • poisons • hyperventilation • mental
- Scenarios: triage • incident management • emergency plans • action cards
- Travel: dislocations • wound management • tropical diseases • gastric illnesses • altitude

Assessment

- Travel first aid is assessed by observation of practical skills throughout the course and written assignments

Candidates

- All lay candidates will have completed the Level 4 Advanced course
- Will be able to take control of an incident and direct standard First Aiders
- Will be able to deal with more complex problems and use advanced methods

Qualification

The Travel First Aid course is certified for three years.



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SOEC first aid courses available:

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 re qualifying course 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

Loaningdale House

Carwood Road

BIGGAR

ML12 6LX

01899 221115

info@soec.org.uk

www.soec.org.uk



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