qualsafe



Qualsafe Level 3 Award in the

Fundamentals of Outdoor First Aid (RQF)

Qualification Specification

Copyright © 2026 Qualsafe Awards. All rights reserved

Contents

Qualsafe Awards **3**

Qualification overview **3**

Objective 3

Intended audience 3

Structure 4

Related units 4

Recognition of Prior Learning 4

Entry requirements 4

Other course requirements 4

Progression 5

Requalification requirements 5

Qualification approval requirements **5**

Trainers 5

Assessors 6

Internal Quality Assurers 6

Venue and equipment 6

Course/Centre administration **8**

Pre-registering courses 8

Registering learners 8

Certification 8

Refresher training 8

Delivery and support **9**

Learner to Trainer ratio 9

Delivery plan 9

Learning materials 9

Ongoing support 9

Assessment **9**

Overview 9

Methods 10

Access to assessment 10

Specific equality issues 11

Informal record of achievement 11

Assessment language 11

Quality assurance **11**

Centre internal quality assurance 11

Qualsafe Awards external quality assurance 12

Further information **12**

Contact us 12

Useful addresses and websites 12

Appendix 1 – Qualification unit 1 ..... **13**

Appendix 2 – Occupational knowledge, competence and experience **19**

Appendix 3 – Acceptable training/ assessing qualifications **20**

Appendix 4 – Qualifications suitable for internal quality assurance **21**

Key Qualification Information

Qualification number:	610/3414/9
Operational start date:	06/02/2024
Total Qualification Time (TQT):	10
Guided Learning Hours (GLH):	8
Number of units:	1 mandatory units
Credit value:	1
Assessment methods:	• Theory assessment/multiple choice question paper: 1 x 15 question paper (minimum score 11) • Practical assessments – 5 completed throughout the course Unconscious casualty in the outdoors Adult CPR and defibrillation in the outdoors Child CPR and defibrillation in the outdoors Choking casualty in the outdoors Wounds, bleeding and shock in the outdoors

Copyright © 2026 Qualsafe Awards. All rights reserved

Qualsafe Awards

Not only is Qualsafe Awards (QA) one of the largest Awarding Organisations (AO) in the UK, we are also the biggest AO for First Aid qualifications, making us an extremely trusted and recognisable name that employers look for when selecting a training provider.

We are recognised and regulated by the Office of Qualifications and Examinations Regulation (Ofqual), Qualifications Wales and the Northern Ireland Council for the Curriculum, Examinations and Assessment (CCEA). This means we can offer Centres an extensive range of qualification suites including First Aid; Prehospital Care; Health and Safety; Mental Health First Aid; Licensing; Food Safety; Fire Safety; Education and Training; Manual Handling; Health and Social Care and Sport and Leisure.

With a specialist team of subject matter experts on hand to support our Centres, including A&E Consultants, doctors, paramedics, nurses, physiotherapists and specialists in other sectors such as mental health, you can be confident that you are truly working with the industry experts.

Qualification overview

This qualification forms part of the QA First Aid suite of qualifications. The qualification and learning outcomes are based on the recommendations of:

- The Resuscitation Council (UK)
- A distinguished panel of experts in emergency medical care
- Institute for Outdoor Learning 'Outdoor First Aid Assessment Principles'
- Institute for Outdoor Learning 'Statement of Good Practice' (Band 2)
- Outdoor First Aid subject matter experts

This qualification should enable Learners to attain the knowledge and practical competencies needed to deal with a range of outdoor first aid situations.

Learning outcomes include stabilising and insulating casualties, cardiac arrest, blood loss, choking, unconsciousness, drowning, medical conditions and more. Please see *Appendix 1* for the full list of learning outcomes and assessment criteria.

This qualification specification provides information for Centres and Learners about the delivery of the Qualsafe Level 3 Award in the Fundamentals of Outdoor First Aid (RQF) and includes the unit information, assessment methods and quality assurance arrangements.

Objective

The objective of the qualification is to benefit Learners by preparing them to deal with a range of outdoor first aid situations. Successful completion of the course will evidence knowledge and practical skills identified by the Institute for Outdoor Learning in line with Band 2 learning content.

Intended audience

This qualification is for outdoor first aiders with close access to further support from others. It is for people in roles such as outdoor instructors, sports coaches, primary/secondary teachers, rural visit leaders. This list is not exhaustive.

Centres/Learners should check with the relevant National Governing Body (or equivalent) to ensure the content of this qualification meets their specific requirements.

Copyright © 2026 Qualsafe Awards. All rights reserved

Structure

This qualification contains 1 mandatory unit with a Total Qualification Time (TQT) of 10 hours. Full details of the unit are in *Appendix 1*.

Learners must complete all assessments in the unit successfully within the registration period to achieve the qualification. The maximum period to achieve this qualification, including any referrals is 7 weeks.

TQT is the total number of hours required for a Learner to achieve this qualification. It has 2 elements:

- Guided Learning Hours (GLH) is the time a Learner is being taught and assessed under the immediate guidance of a Trainer/Assessor, which for this qualification is 8 GLH (minimum), and
- The number of hours a Learner will reasonably be likely to spend in preparation and study, including assessment, as directed by, but not under the immediate guidance or supervision of a Trainer, e.g. home study, which for this qualification is 2 hours

Related units

The Qualsafe Level 3 Award in the Fundamentals of Outdoor First Aid (RQF) contains one unit (First Aid Fundamentals in the Outdoors) that also appears in Qualsafe Level 3 Award in Outdoor First Aid (RQF).

Therefore, assessments attained through the First Aid Fundamentals in the Outdoors unit may be used towards the achievement of the Qualsafe Level 3 Award in Outdoor First Aid (RQF) qualification should the Learner look to achieve Unit 2 (Recognition and Management of Injury and Illness in the Outdoors) of the Qualsafe Level 3 Award in Outdoor First Aid (RQF) qualification.

Recognition of Prior Learning

Recognition of Prior Learning (RPL) is a process for recognising any previous learning undertaken or assessments attained by a Learner. The Learner must prove they have met some or all the learning outcomes or assessment criteria for this qualification before RPL can be considered.

Any evidence submitted as RPL must be valid, authentic, reliable, current, sufficient and specific.

In some cases, Centres may need to produce mapping against QA learning outcomes and assessment criteria to confirm comparability of qualification certificates or evidence being submitted. Mapping templates created by QA must be used for this process. Please see the QA *Recognition of Prior Learning (RPL) Policy* for further details.

RPL is considered for this qualification. The potential outcomes could include reduction or exemption of:

- Learning outcomes or GLH
- Assessments

RPL for this qualification must be approved by QA prior to implementation. Note: Charges may apply. Please refer to the QA *Fees and Charges List*.

Entry requirements

Learners must be at least 14 years old on the first day of the training.

There are no other formal entry requirements but to benefit from the learning we advise that Learners have a minimum of Level 2 in literacy.

Other course requirements

Learners should be informed prior to course booking/commencement that floor-based activities in an outdoor environment forms part of the learning and assessment process.

Copyright © 2026 Qualsafe Awards. All rights reserved

Due to the practical nature of this course, Learners should wear appropriate clothing and footwear, e.g. trousers, jackets, hats, gloves and footwear suitable for working/learning at floor level in an outdoor environment in any weather conditions (unless deemed unsafe).

Progression

The Qualsafe Level 3 Award in the Fundamentals of Outdoor First Aid (RQF) may be used towards other qualifications at the same and higher level, such as the Qualsafe Level 3 Award in Outdoor First Aid (RQF), plus aid career progression in a relevant profession.

Requalification requirements

This qualification is valid for a period of 3 years. The Learner needs to successfully retake the qualification before the certificate expiry date to remain qualified.

Qualification approval requirements

QA requires the Centre to:

- Have appropriate policies, systems and procedures in place
- Appoint suitable individuals from their personnel team to train, assess and quality assure QA qualifications
- Have suitable and adequate venues, equipment and learning resources

To secure and maintain approval from QA, Centres need a minimum staffing requirement for each qualification they deliver, which for this qualification is:

One Trainer/Assessor	Responsible for the delivery and assessment of qualifications
One Internal Quality Assurer	Responsible for quality assuring the delivery and, assessment of this qualification

QA requires the Centre staff to read and understand QA's key policies and procedures, and to abide by their contents.

Trainers

All Trainers should have the skills, knowledge and experience to be able to teach and demonstrate the subject. Each Trainer must be approved by QA and provide evidence of:

- A First Aid at Work qualification/medical registration as shown in *Appendix 2*
- An Outdoor First Aid qualification as shown in *Appendix 2*
- An acceptable teaching/training qualification as shown in *Appendix 3*
- An acceptable log/record of teaching first aid as shown in *Appendix 2*
- Outdoor first aid context related competency as shown in *Appendix 2*

Trainers must keep up to date with the subject area and complete a minimum of 6 hours per year of continuing professional development (CPD) related specifically to outdoor first aid.

Copyright © 2026 Qualsafe Awards. All rights reserved

Assessors

All Assessors should have the skills, knowledge and experience to be able to assess the subject. Each Assessor must be approved by QA and provide evidence of:

- A First Aid at Work qualification/medical registration as shown in *Appendix 2*
- An Outdoor First Aid qualification as shown in *Appendix 2*
- An acceptable assessing qualification as shown in Appendix 3 **or** attendance at relevant CPD training with an Awarding Organisation (AO)
- An acceptable log/record of assessing first aid as shown in *Appendix 2*
- Outdoor first aid context related competency as shown in *Appendix 2*

Assessors must keep up to date with the subject area and complete a minimum of 6 hours per year of CPD related specifically to outdoor first aid.

There is no requirement for a separate Assessor when delivering this qualification. Trainers can perform the role of both Trainer and Assessor providing they meet the requirements for each role.

Internal Quality Assurers

Internal Quality Assurers (IQAs) of this qualification must have knowledge and competency in first aid as well as knowledge and competency in internal quality assurance. Each IQA must be approved by QA and provide evidence of:

- A First Aid qualification/medical registration as shown in *Appendix 2*
- An acceptable internal quality assurance qualification as shown in *Appendix 4* or attendance at relevant CPD training with an Awarding Organisation (AO)

IQAs must keep up to date with the subject area and provide evidence of CPD.

They must also:

- Have knowledge of the requirements of the qualification they are quality assuring at the time the assessment is taking place
- Have knowledge and understanding of the IQA role
- Attend training delivery and observe assessments being carried out
- Carry out other related internal quality assurance

Full details of the Centre's requirements for internal quality assurance are in the *QA Centre Assessment Standards Scrutiny (CASS) Guidance*.

Note: IQAs cannot quality assure a course for which they were the Trainer and/or Assessor.

Venue and equipment

Quality training involves using premises conducive to learning and it is a Centre's responsibility to make sure all venues used for training and assessment purposes are suitable and adequate – whether these are hired or in-house training rooms. They must also comply with all current legislation.

In addition, it is important to use a wide range of equipment and learning resources to support delivery.

Copyright © 2026 Qualsafe Awards. All rights reserved

As a minimum, Centres must make sure their venues, equipment and other resources include:

Resource/area:	Requirements:
Training venue	The training venue must meet acceptable health and safety standards and be conducive to learning, with sufficient: size, floor surfaces, seating, writing surfaces, toilet facilities, ventilation, lighting, heating, access, exits, cleanliness, absence of distracting noise. The training venue must also allow for outdoor contextualised training and assessment relevant to the qualification.
Resuscitation manikins	Provide a minimum ratio of 1 adult and child manikin to every 4 Learners to facilitate training and assessment of rescue breaths, chest compressions and Automated External Defibrillation (AED) pad placement.
AED training device	Provide a minimum of 1 AED trainer to every 4 Learners. If fewer AED trainers are provided, adjust learning hours/lesson plans accordingly to make sure Learners are not disadvantaged.
Choking vests or manikins	Provide Learners with choking vests or suitable manikins to facilitate training and assessment of choking.
Hygiene	Sufficient procedures to maintain hygiene when using resuscitation manikins and other training equipment.
Audio visual (AV) equipment and training aids	Sufficient AV equipment and training aids to facilitate learning using varying teaching methods.
Learning materials	Provide Learners with clear and accurate reference books/handouts covering the topics included in the qualification. Learners should have access to these reference materials for the validity of their certification.
Bandages and dressings	Sufficient clean bandages, dressings and other items commonly found in a first aid kit to facilitate training and assessment.
Cavity wounds	Provide a minimum of 1 cavity wound and Z folded dressing to facilitate training and assessment of packing a cavity wound.
Tourniquets	Provide a minimum of 1 tourniquet pack to facilitate training and assessment of: • Improvised tourniquets • Manufactured tourniquets Tourniquet pack to include: • Replica arm, leg or tube • Manufactured tourniquet • Triangular bandage • Improvised windlass
Asthma inhaler and spacer training device	Provide the following training devices to facilitate the training of asthma: • Reliever inhaler • Spacer device
Outdoor specific equipment	• Emergency shelter/bivvy bag • Mat/insulting material • Outdoor first aid kit content

Copyright © 2026 Qualsafe Awards. All rights reserved

Course/Centre administration

Pre-registering courses

Centres approved to deliver this qualification must pre-register courses on the QA Customer Portal at least 5 working days in advance of the course start date. This will allow QA to make the necessary external quality assurance arrangements, which includes unannounced visits. Centres must adhere to this pre-course registration requirement and should be aware that any identified non-compliance in this respect will lead to the imposition of sanctions in line with the content of the QA *Sanctions Policy*.

Centres not providing 5 working days' notice when pre-registering courses may not be able to deliver these as planned.

It should be noted that Centres cannot register courses after the event and must purchase sufficient qualifications from QA in advance to facilitate pre-course registration. Further guidance can be found on the QA Customer Portal.

Registering Learners

Centres must ensure Learners are registered in accordance with the guidance in the QA *Centre Handbook*.

Certification

After a Learner has completed an assessment, unit or qualification, whether they have passed or not, Centres must enter the details and assessment results on the QA Customer Portal at: https://www.qualsafe.org/certificate-verification/

Centres will be given login details and guidance on using the QA Customer Portal when they are approved to deliver a QA qualification.

The Learner receives a certificate on achieving this qualification.

The certificate date is the date the Learner achieves the final unit. This qualification is valid for 3 years. The Learner needs to successfully re-take the qualification and pass the assessments before the end of the 3 years to remain qualified.

QA have developed a verification tool that means the validity of every certificate can be verified online. This verification tool can be found on the QA website.

Refresher training

QA recommends Learners also complete annual refreshers to maintain their basic skills and keep up to date with any changes to first aid procedures.

Recommended annual refresher training/qualifications include:

- Qualsafe Level 3 Award in First Aid at Work (Annual Refresher) (RQF)
- Qualsafe First Aid Annual Refresher e-Learning
- Qualsafe Level 3 Award in Adult Basic Life Support and Automated External Defibrillation (RQF)

Copyright © 2026 Qualsafe Awards. All rights reserved

Delivery and support

Learner to Trainer ratio

To maintain the quality of training and assessment, make sure the class ratio is no more than 12 Learners to 1 Trainer. The assessment space should allow Learners to sit at least 1 metre apart to prevent collusion during the theory/multiple choice question paper assessments. Never allow more Learners on the course than you can cater for during the assessment.

Delivery plan

QA provides Centres with a complimentary course programme and detailed lesson plans, which are carefully designed to meet the objective of this qualification and the needs of Learners, making sure Learners are adequately prepared for the assessments.

Centres not using QA lesson plans, which are created and provided free, must submit their own delivery plan and have it approved by us before delivering this qualification. Note: Charges may apply. Please refer to the *QA Fees and Charges List*.

The delivery plan should:

- Include a course timetable and detailed lesson plans, clearly showing the required subjects and criteria/learning outcomes are covered and the minimum 8 guided learning hours are met
- Be carefully designed to meet the objective of this qualification and the needs of Learners, making sure Learners are adequately prepared for the assessments
- Be emailed to: info@qualsafeawards.org

In accordance with the Industry of Outdoor Learning (IOL) Outdoor First Aid involves an applied skill set where learners must receive demonstration, instruction, practice, coaching and assessment in the course content. **Scenario based face-to-face learning** must be included in all Band 2, Band 3 and Band 4 courses. Blended learning is **not permitted** for this qualification.

Learning materials

Centres must provide each Learner with suitable reference materials that covers the lesson plans and learning outcomes for this qualification. We recommend either:

- *First Aid Made Easy* by Nigel Barraclough
- *Concise First Aid Made Easy* by Nigel Barraclough

Centres can choose alternative books specific to outdoor first aid or other learning materials, but these **must be approved** by QA prior to use. Note: Charges may apply. *Please refer to the QA Fees and Charges List*

Ongoing support

QA Centres should provide appropriate levels of support to Learners throughout the qualification. The purpose of the support is to:

- Assess knowledge and competence in relation to learning outcomes and the detailed assessment criteria of the unit within the qualification, see *Appendix 1*
- Give Learners feedback on their progress and how they might be able to improve

Copyright © 2026 Qualsafe Awards. All rights reserved

Assessment

Overview

The Qualsafe Level 3 Award in the Fundamentals of Outdoor First Aid (RQF) skills and knowledge should be assessed in accordance with the QA *Guide to Assessing Outdoor First Aid Qualifications* and *QA Multiple Choice Question Paper Guidelines*.

Methods

QA has devised externally set, internally marked assessment tools to make sure Learners are assessed against the required knowledge, skills and understanding, as detailed in the learning outcomes and assessment criteria shown in *Appendix 1*. Centres should download all assessment papers from the QA course pack in advance of the course. For this qualification there are:

- Practical assessments – observed by the Trainer throughout the course, with the results of each learning outcome recorded on the practical assessment paperwork, see QA *Guide to Assessing Outdoor First Aid Qualifications*. There are 5 mandatory practical assessments for this qualification:
  - Unconscious casualty in the outdoors
  - Adult CPR and defibrillation in the outdoors
  - Child CPR and defibrillation in the outdoors
  - Choking casualty in the outdoors
  - Wounds, bleeding and shock in the outdoors
- Theory assessment/multiple choice question paper – there is 1 paper for each Learner and Learners should answer all the questions under examination conditions, see QA *Multiple Choice Question Paper Guidelines*.
  - The maximum time allowed is 25 minutes
  - The minimum pass mark is 11 out of 15

There are 2 possible grades available of Pass or Fail. All mandatory areas of assessment must individually meet or exceed the required pass criteria/mark for the Learner to achieve this qualification.

Access to assessment

QA is committed to equality when designing the assessments for this qualification. Centres can make sure they do not unfairly exclude the assessment needs of a particular Learner by following the *QA Access to Assessment Policy* to determine whether it is appropriate to:

- Make a reasonable adjustment or
- Request a Special Consideration for the Learner

When a reasonable adjustment needs to be made, Centres should check the QA *Access to Assessment Policy* to see if the adjustment required needs prior approval or if the Reasonable Adjustment Form can be submitted retrospectively. If the adjustment requires prior approval, then Centres must complete a Reasonable Adjustment Form and send it to QA with any relevant supporting evidence at least five working days in advance of course delivery for review and approval. Centres should retain a copy of this form for their own records.

Learners may be eligible for special consideration if their performance through the assessment process has been affected by some temporary illness, injury or adverse set of circumstances. A Special

Copyright © 2026 Qualsafe Awards. All rights reserved

Consideration Request Form should be completed and sent to QA along with any supporting evidence (where available) for consideration. Centres should retain a copy of this form for their own records.

Note: If you have any suggestions for improvements, please let us know.

Learners should be informed about Centre's and QA's appeals procedures and how they can access these. Information about these procedures can be found in the QA *Training Commitment* which should be presented to Learners during their course.

Specific equality issues relevant to this qualification

It is important no Learner is turned away from a training course due to disabilities or impairments. To assess competence and gain certification however, the Learner will need to demonstrate certain practical skills. For instance, for first aid qualifications the Learner must be assessed performing practical tasks such as CPR, as per QA *Guide to Assessing Outdoor First Aid Qualifications*. To pass the assessment, the Learner must demonstrate the required practical skills without assistance from a third party.

Informal record of achievement

If a Learner with disabilities cannot perform 1 or more of the practical tasks required, it may be possible for the Centre to provide a letter recording the learning outcomes that the Learner achieved. For example, a Learner may be able to demonstrate chest compression only CPR, instruct a third party how to place a casualty in the recovery position and pass the theoretical assessments. The letter should clearly state that "this record of achievement does **not** constitute a Qualsafe Level 3 Award in the Fundamentals of Outdoor First Aid (RQF)".

Assessment language

Assessment in British Sign Language (BSL) may be permitted for this qualification for the purpose of a Reasonable Adjustment. See QA *Access to Assessment Policy*.

Assessment in languages other than English may be permitted. However, the certificate issued could only be used to support a role in the workplace as long as proficiency in English is not required for the role supported by this qualification. See QA *Language Policy.*

Prior approval from QA is required before any assessment is delivered through BSL or a language other than English. Any request received will be considered in terms of viability and there may be charges depending on the work required to meet the request, e.g. translating assessment papers.

If a Learner passes the assessment process in another language or through BSL, their certificate will show extra information, including the language of assessment and if required, confirmation of the context in which the certificate can be used.

Quality assurance

Centre internal quality assurance

The Centre is required to sample a reasonable amount of assessments as part of the quality assurance of the qualification. This standardisation of assessment across Learners and Trainers is to make sure there is fairness and consistency in assessment practices. Centres are required to adhere to QA's internal quality assurance requirements. The arrangements for internal quality assurance are detailed in the QA *Centre Assessment Standards Scrutiny (CASS) Guidance*.

Centres must retain all Learner documents and records for a period of 3 years and make sure these are available for review by QA or our representatives, e.g. External Quality Assurers (EQAs), on request.

Copyright © 2026 Qualsafe Awards. All rights reserved

Qualsafe Awards external quality assurance

QA operates a system of ongoing monitoring, support and feedback for approved Centres.

QA employs a risk-based model to decide the frequency of external quality assurance activity.

Further details of the QA external quality assurance programme are available in the QA *Centre Assessment Standards Scrutiny (CASS) Guidance*.

Further information

Contact us

If you have any queries or comments we would be happy to help you, contact us:

Email: info@qualsafeawards.org

Tel: 0330 660 0899

Useful addresses and websites

- Qualsafe Awards, City View, 3 Wapping Road, Bradford, BD3 0ED
  https://www.qualsafe.org
- Office of Qualifications and Examinations Regulation (Ofqual):
  www.gov.uk/government/organisations/ofqual
- Scottish Qualifications Authority (SQA) Accreditation:
  http://accreditation.sqa.org.uk
- Qualifications Wales:
  www.qualificationswales.org
- Council for the Curriculum Examinations and Assessment (CCEA):
  https://ccea.org.uk/regulation
- Health & Safety Executive (HSE):
  www.hse.gov.uk
- Resuscitation Council (UK):
  www.resus.org.uk
- Institute for Outdoor Learning:
  www.outdoor-learning.org

Copyright © 2026 Qualsafe Awards. All rights reserved

Appendix 1

Unit 1

Title:	First Aid Fundamentals in the Outdoors	
GLH:	8	
Level:	3	
Learning outcomes ***The Learner will:***	**Assessment criteria** ***The Learner can:***	**Indicative content:**
1. Understand the role and responsibilities of a first aider in an outdoor environment	1.1 Identify the role and responsibilities of a first aider in an outdoor environment	Identification of the roles and responsibilities of a first aider may include: • Scene safety • Preventing cross-infection • Summoning help • Prioritising and providing treatment • Safe use of available equipment • Recording incidents and actions • Dealing with post-incident stress NB. These roles and responsibilities may be demonstrated holistically.
	1.2 Identify how to minimise the risk of infection to self and others	Minimising the risk of infection may include: • Wearing personal protective equipment *(PPE)* • Cleaning hands • Covering their own cuts with a plaster • Correct use of dressings NB. These roles and responsibilities may be demonstrated holistically.
	1.3 Identify first aid equipment for incidents in an outdoor environment	Identification of equipment may include: • Outdoor first aid kit – specific contents • Base camp items
	1.4 Identify the need for consent to provide first aid	Identification of the need for consent may include: • Gaining consent • Implied consent • Parental responsibility NB. These roles and responsibilities may be demonstrated holistically.
	1.5 Identify the post-incident mechanisms for supporting first aiders	Identification of post-incident support mechanisms may include: • Talking to their training provider • Talking to their GP • Contacting organisations/charities such as the Samaritans/Mind *(Local Minds)* for professional support

Copyright © 2026 Qualsafe Awards. All rights reserved

Learning outcomes *The Learner will:*	Assessment criteria *The Learner can:*	Indicative content:
2. Be able to assess an emergency incident safely	2.1 Conduct a scene survey	Conducting a scene survey may include: • Working out what happened • Determining whether there is any further danger • Establishing whether you can cope • Observing the number of casualties • Deciding which emergency or rescue services are needed • Selecting who needs help first
	2.2 Conduct a primary survey of a casualty	Conducting a primary survey may include: • **D**: Danger • **R**: Response • **<C>**: *Catastrophic bleeding* • **A**: Airway • **B**: Breathing • **C**: Circulation • **D**: Disability • **E**: Exposure
	2.3 Summon appropriate assistance when necessary	Summoning appropriate assistance may include: • Shouting for help • Leaving the casualty to call 999/112 • Calling 999/112 for emergency services • Using geographical location apps NB. These roles and responsibilities may be demonstrated holistically.
	2.4 Differentiate between age ranges for the purpose of first aid treatment	Age range definitions may include: • Infant – Under 1 year old • Child – 1 to 12 years old • Adolescent – 13 to 18 years old • Adult – beyond 18 years old
3. Be able to provide first aid to an unresponsive casualty who is breathing	3.1 Identify when to place a casualty into the recovery position	Identifying when and how to provide first aid to an unresponsive casualty who is breathing may include: • Primary survey – Danger, Response, <C>ABCDE • Placing into the recovery position • Summoning of appropriate help/rescue services • Providing insulation and shelter • Monitoring vital signs over a period of time
	3.2 Demonstrate how to place a casualty into the recovery position	
	3.3 Demonstrate continual monitoring of breathing while the casualty is in the recovery position	

Copyright © 2026 Qualsafe Awards. All rights reserved

Learning outcomes *The Learner will:*	Assessment criteria *The Learner can:*	Indicative content:
	3.4 Identify how to provide first aid to a casualty suffering a seizure	Identifying how to provide first aid for a casualty suffering a seizure may include: • Removing any danger • Protecting the casualty's head • Noting the time and duration of the seizure • Loosening any tight clothing around the neck • Calling 999 if the seizure lasts longer than 5 mins, they have a second seizure, they become injured or it's the casualty's first ever seizure
4. Be able to provide first aid to an unresponsive casualty who is NOT breathing	4.1 Recognise when to administer cardiopulmonary resuscitation (CPR)	Identifying when to administer CPR must include: • When the casualty is unresponsive and: ◦ Not breathing ◦ Not breathing normally/agonal breathing
	4.2 Demonstrate **CPR** on an adult and child manikin	Demonstrating CPR must include: • 30 chest compressions ◦ Correct hand positioning ◦ 5–6cm compression depth ◦ 100–120 per minute • 2 rescue breaths ◦ Correct rescue breath positioning ◦ Blowing steadily into the mouth *(about 1 sec to make the chest rise)* ◦ Taking no longer than 10 seconds to deliver 2 breaths • AED *(Defibrillator)* ◦ Correct pad placement ◦ Following AED instructions • Resuscitation modifications for children **CPR** – minimum demonstration time of 2 minutes at floor level. May additionally include use of rescue breath barrier devices.
5. Be able to provide first aid to a casualty who is choking	5.1 Recognise when a casualty is choking	Identifying mild choking may include recognising the casualty is able to: • Speak • Cough • Breathe Identifying severe choking may include recognising the casualty is: • Unable to cough effectively • Unable to speak • Unable or struggling to breathe • In visible distress • Unconscious

Copyright © 2026 Qualsafe Awards. All rights reserved

Learning outcomes *The Learner will:*	Assessment criteria *The Learner can:*	Indicative content:
	5.2 Demonstrate how to administer first aid to a casualty who is choking	Administering first aid for choking should include the following: • Encouraging to cough • Up to 5 back blows • Up to 5 abdominal thrusts • Calling 999/112 when required • CPR if unconscious Demonstration must be simulated using a training device, not another Learner.
6. Know how to provide first aid to a casualty who is suffering from shock	6.1 Recognise when a casualty is suffering from shock	Shock: hypovolaemic shock *(resulting from blood loss)* Hypovolaemic shock recognition may include: • Pale, clammy skin • Pale skin inside the lips *(for dark skin tones)* • Fast, shallow breathing • Rise in pulse rate • Cyanosis • Dizziness/passing out when sitting or standing upright
	6.2 Demonstrate how to administer first aid to a casualty who is suffering from shock	Administering first aid for hypovolaemic shock may include: • Treating the cause • Casualty positioning • Keeping the casualty warm • Calling 999/112
7. Be able to provide first aid to a casualty with external bleeding	7.1 Identify the severity of external bleeding	Identifying the severity of bleeding may include: • Differentiating between arterial, venous and capillary bleeding Life-threatening *(catastrophic)* bleeding may be identified by: • Rapidly flowing or spurting blood from a wound • Pooling of blood on the ground *(or clothing)* • Bleeding that cannot be controlled by direct manual pressure alone
	7.2 Demonstrate how to administer first aid to a casualty with external bleeding	Administering first aid for external bleeding may include: • Primary survey – Danger, Response, <C>ABCDE • Positioning the casualty in a sitting or lying position • Examining the wound • Applying direct pressure onto (*or into)* the wound *(including pressure dressings and improvised dressing)* • Wound packing *(including haemostatic dressings)* • Tourniquets *(including improvised tourniquets)* • Treatment for hypovolaemic shock

Copyright © 2026 Qualsafe Awards. All rights reserved

Learning outcomes *The Learner will:*	Assessment criteria *The Learner can:*	Indicative content:
8. Know how to provide first aid to a casualty with minor injuries	8.1 Identify how to administer first aid to a casualty with: • Small cuts and grazes • Bruises • Small splinters • Minor burns and scalds • Blisters • Nosebleeds	Administering first aid for small cuts and grazes may include: • Irrigation • Dressing Administering first aid for bruises may include: • Cold compress for up to 20 minutes Small splinter removal may include: • Cleaning of area • Removing with tweezers • Dressing Administering first aid for minor burns and scalds may include: • Cooling for 20 minutes • Removing jewellery and loosen clothing • Covering the burn • Determining when to seek advice Administering first aid for blisters may include: • Padding Administering first aid for nosebleeds may include: • Sitting the casualty down, head tipped forwards • Pinching the soft part of the nose • Telling the casualty to breathe through their mouth
9. Be able to provide insulation and shelter to a casualty in an outdoor environment	9.1 Demonstrate how to insulate and shelter a casualty in an outdoor environment	Demonstrating how to insulate and shelter may include: • Insulating from the ground *(if required)* • Preventing further heat loss *(if required)* • Sheltering from the elements *(sunlight/wind/wet)* • Use of body heat • Use of group shelters • Use of improvised emergency shelters
10. Know how to provide first aid to a casualty who is drowning	10.1 Recognise a casualty who is drowning	Recognising a drowning casualty may include: • Knowledge of inability to wave for help as they are trying to stay afloat • Waving arms and thrashing around to summon help • Children in the water who go quiet
	10.2 Identify how to administer first aid to a casualty who is drowning	Identifying how to administer first aid to a drowning casualty may include: • Safe approach without putting yourself at risk • Using buoyancy aids *(or other rescue equipment using clear instructions)* • Resuscitation if required • Summoning appropriate help • Treatment for hypothermia

Copyright © 2026 Qualsafe Awards. All rights reserved

Learning outcomes *The Learner will:*	Assessment criteria *The Learner can:*	Indicative content:
11. Know how to provide first aid to a casualty with a life-threatening illness	11.1 Recognise a casualty suffering from a suspected: • Asthma attack • Heart attack • Hypoglycaemic emergency	Recognising asthma may include: • Difficulty breathing and speaking • Wheezy breathing • Pale and clammy skin • Cyanosis • Use of accessory muscles Recognising a heart attack may include: • Sudden onset • Crushing chest pain • Skin appearance *(e.g. pale, grey, sweaty)* • Variable pulse • Shortness of breath Recognising a hypoglycaemic emergency may include: • Fast onset • Lowered levels of response • Pale, cold and sweaty skin • Normal or shallow breathing • Rapid pulse • Shortness of breath
	11.2 Recognise how to administer first aid to a casualty suffering from a suspected: • Asthma attack • Heart attack • Hypoglycaemic emergency	Administering first aid for an asthma attack may include: • Correct casualty positioning • Assisting a casualty to take their reliever inhaler and use a spacer device • Calming and reassuring • Determining when to call 999/112 Administering first aid for a heart attack may include: • Correct casualty positioning • Calling 999/112 • Calming and reassuring • Assisting to take an aspirin if indicated Administering first aid for a hypoglycaemic emergency may include: • Giving 15–20g of glucose for conscious casualties *(subject to sufficient response levels)* • Providing further food or drink if casualty responds to glucose quickly • Determining when to call 999/112

Copyright © 2026 Qualsafe Awards. All rights reserved

Appendix 2 – Occupational knowledge, competence and experience

Occupational knowledge, competence and experience in first aid

All Trainers, Assessors, IQAs must have occupational knowledge and competence in first aid.

Acceptable evidence includes one of the following:

- Holding a current First Aid at Work certificate issued by an Ofqual/SQA Accreditation/Qualifications Wales/CCEA Regulation recognised Awarding Organisation/Body (or equivalent*) ***or***
- Holding a current Offshore First Aid Certificate issued by a HSE approved training provider or
- Current registration as a Doctor with the General Medical Council (GMC)** ***or***
- Current registration as a Nurse with the Nursing and Midwifery Council (NMC)** ***or***
- Current registration as a Paramedic with the Health and Care Professions Council (HCPC)**

Teaching experience

All Trainers must have experience in teaching first aid. Acceptable evidence includes either of the following options:

- A 36-hour log of teaching first aid within 3 years. At least 1 First Aid at Work qualification delivered within 6 months or
- A record of being observed by a qualified/approved Trainer within 12 months, during which practical and theoretical topics were delivered competently for a duration of 6 GLH

Assessing experience

All Assessors must have experience in assessing first aid. Acceptable evidence includes either of the following options:

- A log of performing assessments on 6 first aid courses within 3 years ***or***
- A record of being observed by a qualified/approved assessor within 12 months, during which 4 practical and 1 theoretical assessment were delivered competently

Knowledge and competence related specifically to outdoor first aid

All Trainers and Assessors must have occupational knowledge and competence in outdoor first aid.

Acceptable evidence must include the following:

- Having held a regulated Band 3 outdoor first aid certificate (or equivalent) and
- CPD – a minimum of 6 hours CPD per year to be available upon demand, of which 6 hours in each 3 yearly cycle must be identified Outdoor First Aid CPD

New trainers and assessors to be observed competently delivering [training and assessing] under the supervision of a suitable trainer/assessor.

*recognised First Aid at Work certificate equivalents must be submitted to QA with comprehensive mapping which evidences that all assessment criteria of the FAW qualification have been achieved within the past 3 years. Equivalent qualifications without an expiry date and achieved more than 3 years ago will require additional evidence to be submitted of up-to-date competence in First Aid.

**registered healthcare professionals must act within their scope of practice and therefore have current expertise in first aid to teach/assess the subject.

Copyright © 2026 Qualsafe Awards. All rights reserved

Appendix 3 – Acceptable training/assessing qualifications

This list is not exhaustive but provides a guide to acceptable training and/or assessing qualifications. Trainers who also assess Learners competence must hold an acceptable assessor qualification) to enable them to perform both functions.

Qualification	Train	Assess
Current qualifications (available for new trainers/assessors to undertake):		
Level 3 Award in Education and Training	√	√
Level 4 Certificate in Education and Training	√	√
Level 5 Diploma in Education and Training	√	√
Level 3 Award in Teaching and Assessing in First Aid Qualifications (QCF or RQF)	√	√
Cert Ed/PGCE/B Ed/M Ed	√	√
SVQ 3 Learning and Development SCQF Level 8	√	√
SVQ 4 Learning and Development SCQF Level 9	√	√
TQFE (Teaching Qualification for Further Education)	√	√
Planning and Delivering Learning Sessions to Groups SCQF Level 6 (SQA Unit)	√	√
SCQF Level 6 Award in Planning and Delivering Learning Sessions to Groups (SQA Accredited)	√	√
L&D Unit 6 Manage Learning and Development in Groups SCQF Level 8 (SQA Accredited)	√	
L&D Unit 7 Facilitate Individual Learning and Development SCQF Level 8 (SQA Accredited)	√	
L&D Unit 8 Engage and Support Learners in the Learning and Development Process SCQF Level 8 (SQA Accredited)	√	
Carry Out the Assessment Process SCQF Level 7 (SQA Unit)		√
Level 3 Award in Assessing Competence in the Work Environment		√
Level 3 Award in Assessing Vocationally Related Achievement		√
Level 3 Award in Understanding the Principles and Practices of Assessment		√
Level 3 Certificate in Assessing Vocational Achievement		√
L&D Unit 9DI Assess Workplace Competence Using Direct and Indirect Methods SCQF Level 8 (SQA Accredited)		√
L&D Unit 9D Assess Workplace Competence Using Direct Methods SCQF Level 7 (SQA Accredited)		√
Other acceptable qualifications:		
CTLLS/DTLLS	√	√
PTLLS with unit 'Principles and Practice of Assessment' (12 credits)	√	√
Further and Adult Education Teacher's Certificate	√	√
IHCD Instructional Methods	√	√
IHCD Instructor Certificate	√	√
English National Board 998	√	√
Nursing mentorship qualifications	√	√
NOCN Tutor Assessor Award	√	√

Copyright © 2026 Qualsafe Awards. All rights reserved

S/NVQ Level 3 in Training and Development	√	√
PDA Teaching Practice in Scotland's Colleges SCQF Level 9 (SQA Qualification)	√	
PTLLS (6 credits)	√	
Regulated Qualifications based on the Learning and Development NOS 7 Facilitate Individual Learning and Development or NOS 6 Manage Learning and Development in Groups	√	
Training Group A22, B22, C21, C23, C24	√	
Learning and Teaching – Assessment and Quality Standards SCQF Level 9 (SQA Unit)		√
A1 Assess Candidates Using a Range of Methods or D33 Assess Candidates Using Differing Sources of Evidence		√
Conduct the Assessment Process SCQF Level 7 (SQA Unit)		√
A2 Assess Candidate Performance through Observation or D32 Assess Candidate Performance		√
Regulated Qualifications based on the Learning and Development NOS 9 Assess Learner Achievement		√

Note: Assessors who do not hold a formal assessing qualification may alternatively attend *First Aid Assessor CPD Training* with an Awarding Organisation.

Appendix 4 – Qualifications suitable for internal quality assurance

This list is not exhaustive but provides a guide to acceptable IQA qualifications:

L&D Unit 11 Internally Monitor and Maintain the Quality of Workplace Assessment SCQF Level 8 (SQA Accredited)
Level 4 Award in the Internal Quality Assurance of Assessment Processes and Practice
Level 4 Certificate in Leading the Internal Quality Assurance of Assessment Processes and Practice
Conduct the Internal Verification Process SCQF Level 8 (SQA Unit)
Regulated Qualifications based on the Learning and Development NOS 11 Internally Monitor and Maintain the Quality of Assessment
V1 Conduct Internal Quality Assurance of the Assessment Process or D34 Internally Verify the Assessment Process
Internally Verify the Assessment Process SCQF Level 8 (SQA Unit)

Note: IQAs who do not hold a formal internal quality assurance qualification may alternatively attend *Internal Quality Assurance CPD Training* with an Awarding Organisation.

Copyright © 2026 Qualsafe Awards. All rights reserved