



Outdoor First Aid

Awarded to

Lucy Daniel

for successfully completing a 16hr course at
The Newquay Orchard 15th & 16th September 2024.

Knowledge and safe practice; identifying and managing
a range of outdoor emergencies.

A handwritten signature in black ink, appearing to read 'Tim Griffith', is written over a horizontal dashed line.

Tim Griffith - Director

Certificate expiry date
14/9/27



16 Hour Outdoor First Aid Course Contents

Introductory First Aid Training

- Fears of First Aid
- Asking Permission to Help
- Scene Safety
- Chain of Survival
- Primary Survey
- Barriers/Face Shields
- First Aid Kit
- Dealing with an Emergency away from EMS support
- Deciding to move a patient or not

Cardiac Arrest

- Adult, Child, Infant CPR
- Adult CPR Hand Over
- Compression-Only CPR
- AED safe use

- Recognition and treatment of Heart Attack
- Conscious Adult, Child, Infant Choking
- Unconscious Adult, Child, Infant Choking
- Epilepsy and Seizures

Bleeding Control

- Types of Bleeding
- Minor and Major Bleeding treatment
- Internal bleeding

Secondary Care Ongoing Assessments for Injury and Illness

- Secondary & Illness Assessment
- RICE - Strains, Sprains and Soft Tissue Injuries
- Adult Fractures
- Head Injury
- Eye Injuries
- Spinal Injury
- Allergies and use of Auto injectors
- Burns
- Heat and Cold Emergencies
- Shock
- Diabetes
- Asthma

Certificate expiry date

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