



First Aid

0800 389 1314
www.ouchlandd.co.uk
enquires@ouchlandd.co.uk

Overview of First aid Training Courses and Requirements

Ouch have delivered first aid training for more than a quarter of a century. Our customers range from multinational organisations needing bespoke training to individuals wanting to develop their own personal skills.

Delivering quality first aid training requires a unique combination of qualifications, practical experience and excellent communication skills.

First aid skills and knowledge are one of the few things that everyone wants but strangely many people do not realise they want them until something happens and they need to respond immediately.

Unfortunately, accidents and health incidents happen, often without warning and almost always in a non-clinical setting.

Being prepared and responding appropriately is something that everyone can learn. In the workplace employers have a legal duty to provide an appropriate level of first aid provisions.

The Health and Safety Executive explain how deciding on the right level of provisions should be confirmed by carrying out a first aid needs assessment.

The appropriate level of first aid provisions for your organisation depends on multiple factors including, your work activities, the number of employees, size of your workplace and its location.

If your first aid needs assessment identifies that trained first-aiders are required in your workplace,

please get in touch. We offer a wide range of first aid courses, delivered in a way that suits you.

Delivery options include a combination of blended learning and fully face to face training.

We can deliver the training in-house at your premises or individuals/ groups can attend our open courses in Manchester and Dorset.

Course types include:

- Basic Life Support & AED
- Emergency first aid at work
- First aid at work
- First aid at work requalification
- Paediatric first aid
- Emergency Paediatric first aid
- Outdoor first aid
- Emergency outdoor first aid
- Emergency first aid for forestry
- First aid for parents and child carers
- First aid for schools
- First Aid Annual Refresher
- Driver CPC Emergency first aid
- Bespoke training, designed for the specific circumstances of your work activities.

Ouch are accredited to deliver first aid training to nationally approved standards by the First Aid Industry Body (FAIB) and Highfield.

If you have any questions about the level of first aid training that's right for your team or would like to speak to one of the Ouch team please get in touch.



Ouch Learning and Development is a CITB Approved Training Organisation.

Funding available through the CITB network or CITB grants for construction companies*.

**eligibility criteria applies. Please ask us for more details*

Emergency First Aid at Work

The Emergency First Aid at Work (EFAW) course is designed to equip individuals with the basic knowledge and skills to provide immediate and appropriate first aid in the workplace. It covers essential lifesaving techniques to respond to various medical emergencies until professional medical help arrives.

Who needs this qualification?

This course is suitable for lower-risk work environments, such as offices, shops, or organisations with fewer than 100 employees. It is also suitable for anyone identified by their employer as being suitable to take on the role of an emergency first aider in their workplace.

Why is this training important?

Having the skills and knowledge to administer emergency first aid to oneself and others is a vital aspect of an organisation's emergency plans and procedures. This course will equip delegates with the skills and knowledge to deal with life-threatening conditions until help arrives. The H&S (First Aid) regulations 1981 place a general duty on employers to provide first aid treatment to employees within the workplace environment. If having assessed the first aid needs, an employer decides to appoint first aiders, the first aider must have a valid certificate of competence.

Course content

The role and responsibility of a first aider

- Assessing incidents and conducting a scene survey
- Unresponsive casualties, recovery position and CPR
- Safely and effectively use an automated external defibrillator (AED)
- Seizures
- Choking
- External bleeding
- Shock
- Burns and scalds
- Minor injuries including small cuts, bruises, and splinters
- Bites and stings

Certificated by: Ouch Learning and Development – approved by the FAIB and Highfield

Duration: 1 day

Assessment: Multiple choice exam & practical assessment

Prerequisites: None

Validity of award: 3 years

Learner-to-trainer ratio: Maximum 12 learners per trainer

Delivery formats available: Face-to-face / Blended learning

**Open courses
available**

**In-house / onsite
training available**

Emergency First Aid at Work

Learning outcomes

Upon completion of the course, learners will be able to:

- Understand the role and responsibility of a first aider
- Assess an incident
- Manage a casualty who is unresponsive and NOT breathing normally
- Provide first aid to an unresponsive and breathing normally casualty
- Manage a casualty who is in seizure
- Recognise and assist a casualty who is choking
- Manage a casualty with external bleeding
- Manage a casualty who is in shock
- Understand how to manage a casualty with a minor injury
- Understand how to manage a casualty with bites and stings
- Understand how to manage a casualty with minor burns and scalds



Included in the price:

- ✓ Interactive and engaging course
- ✓ Qualification & digital certificate
- ✓ Course manual & materials
- ✓ Keyring rebreath face shield
- ✓ Access to FREE resources including Appointed Persons posters for your workplace
- ✓ Access to our customer portal to view your bookings, download previous certificates and generate training reports of your employees
- ✓ Automatic email reminders for certificate expiries

Emergency First Aid at Work +

The Emergency First Aid at Work + course (EFAW+) is designed to equip individuals with the basic knowledge and skills to provide immediate and appropriate first aid in the workplace. It covers essential lifesaving techniques to respond to various medical emergencies and specific risks until professional medical help arrives.

Who needs this qualification?

This course is designed to meet the needs of clients who require first aid training, including the content of a standard EFAW course and additional training needs, highlighted during a first aid needs assessment. Examples of activities where this training may be required include outdoor work, working on or next to water, maintenance activities, small works, and service engineering.

N.B. See the HSE guidance document (L74) for further details.

Course content (standard EFAW)

- The role and responsibility of a first aider
- Assessing incidents and conducting a scene survey
- Unresponsive casualties, recovery position and CPR
- Safely and effectively use an automated external defibrillator (AED)
- Seizures
- Choking
- External bleeding
- Shock
- Burns and scalds
- Minor injuries, including small cuts, bruises, and splinters
- Bites and stings

Examples of additional/bespoke content

- Management of a casualty suffering from hypothermia or hyperthermia
- Application of haemostatic dressings, wound packing and/or tourniquets for life-threatening bleeding
- Management of drowning casualty
- Recognise the presence of major illness and provide appropriate first aid (including heart attack, stroke, epilepsy, asthma, diabetes)
- Management of severe allergic reaction
- Management of head injuries, fractures and dislocations to standard first aid equipment

This course will be delivered via a combination of eLearning and face-to-face training. The course is delivered in-house and includes bespoke elements highlighted during an organisation's first aid needs assessment.

Certificated by: EFAW element accredited by Highfield

Duration: 2-3hr eLearning followed by a one day (6hr) face-to-face session

Assessment: Multiple choice exam & practical assessment

Prerequisites: None

Validity of award: 3 years

Learner-to-trainer ratio: Maximum 12 learners per trainer

Delivery formats available: Face-to-face and blended learning

What is included in the price?
Pre-delivery consultation to discuss additional course content

In-house / onsite training available

Emergency First Aid at Work +

Learning outcomes

Upon completion of the course, learners will be able to:

- Understand the role and responsibility of a first aider
- Assess an incident
- Manage a casualty who is unresponsive and NOT breathing normally
- Provide first aid to an unresponsive and breathing normally casualty
- Manage a casualty who is in seizure
- Recognise and assist a casualty who is choking
- Manage a casualty with external bleeding
- Manage a casualty who is in shock
- Understand how to manage a casualty with a minor injury
- Understand how to manage a casualty with bites and stings
- Understand how to manage a casualty with minor burns and scalds



N.B. Additional learning outcomes related to bespoke course content.

Included in the price:

- ✓ Interactive and engaging course
- ✓ Qualification & digital certificate
- ✓ Course manual & materials
- ✓ Keyring rebreath face shield
- ✓ Access to FREE resources including Appointed Persons posters for your workplace
- ✓ Access to our customer portal to view your bookings, download previous certificates and generate training reports of your employees
- ✓ Automatic email reminders for certificate expiries

First Aid at Work

This comprehensive First Aid at Work (FAW) course equips delegates with the knowledge and practical skills needed to act as qualified first aiders within their workplace. It covers essential lifesaving techniques to respond to various medical emergencies until professional medical help arrives.

Who needs this qualification?

This First Aid at Work (FAW) course is suitable for staff wanting to become designated first aiders in their workplace. It allows for essential first aid to be given to someone who is ill or injured at work and equips the first aider to apply first aid to a range of other specific injuries & illnesses.

Why is this training important?

The H&S (First Aid) regulations 1981 place a general duty on employers to provide first aid treatment to employees within the workplace environment. If having assessed first aid needs, an employer decides to appoint first aiders, the first aider must have a valid certificate of competence.

Course content

- The role and responsibility of a first aider
- Assessing incidents and conducting a scene survey
- Unresponsive casualties, recovery position and CPR
- Safely and effectively use an automated external defibrillator (AED)
- Seizures
- Choking
- External bleeding
- Shock
- Burns and scalds
- Minor injuries including small cuts, bruises, and splinters
- Bites and stings
- Injuries to bones, muscles and joints (including chest, head and spine)
- Eye injuries
- Poisoning
- Anaphylaxis
- Major illnesses including heart attack and stroke
- Epilepsy
- Asthma
- Diabetic emergencies

Certificated by: Ouch Learning and Development – approved by the FAIB and Highfield

Duration: Face-to-face: 3 days /
Blended learning: 6 hours e-learning & 2 days face-to-face

Assessment: Multiple choice exam & practical assessment

Prerequisites: None

Validity of award: 3 years

Learner-to-trainer ratio: Maximum 12 learners per trainer

Delivery formats available: Face-to-face / Blended learning

**Open courses
available**

**In-house / onsite
training available**

First Aid at Work

Learning outcomes

Upon completion of the course, learners will be able to:

- Understand the role and responsibility of a first aider
- Assess an incident
- Manage a casualty who is unresponsive and NOT breathing normally
- Provide first aid to an unresponsive and breathing normally casualty
- Manage a casualty who is in seizure
- Recognise and assist a casualty who is choking
- Manage a casualty with external bleeding
- Manage a casualty who is in shock
- Understand how to manage a casualty with a minor injury
- Understand how to manage a casualty with minor burns and scalds
- Identify the signs, symptoms and history of a casualty
- Administer first aid to a casualty with injuries to bones, muscles and joints
- Administer first aid to a casualty with suspected head and spinal injuries
- Administer first aid to a casualty with a suspected chest injury
- Administer first aid to a casualty with burns and scalds
- Know how to provide first aid to a casualty with an eye injury
- Administer first aid to a casualty with sudden poisoning
- Administer first aid to a casualty with anaphylaxis
- Administer first aid to a casualty with a suspected major illness
- Provide first aid treatment to minor injuries, including small cuts, grazes, bruises and splinters
- Understand how to manage a casualty with bites and stings

Included in the price:

- ✓ Interactive and engaging course
- ✓ Qualification & digital certificate
- ✓ Course manual & materials
- ✓ Keyring rebreath face shield
- ✓ Access to FREE resources including Appointed Persons posters for your workplace
- ✓ Access to our customer portal to view your bookings, download previous certificates and generate training reports of your employees
- ✓ Automatic email reminders for certificate expiries

First Aid at Work Requalification

This comprehensive First Aid at Work Requalification course equips delegates with the knowledge and practical skills needed to act as qualified first aiders within their workplace. It covers essential lifesaving techniques to respond to various medical emergencies until professional medical help arrives.

Who needs this qualification?

This First Aid at Work Requalification course is suitable for staff who are currently qualified first aiders in their workplace. It refreshes the knowledge and skills required to requalify the delegate for 3 years.

Why is this training important?

The H&S (First Aid) regulations 1981 place a general duty on employers to provide first aid treatment to employees within the workplace environment. If having assessed first aid needs, an employer decides to appoint first aiders, the first aider must have a valid certificate of competence.

Course content

- The role and responsibility of a first aider
- Assessing incidents and conducting a scene survey
- Unresponsive casualties, recovery position and CPR
- Safely and effectively use an automated external defibrillator (AED)
- Seizures
- Choking
- External bleeding
- Shock
- Burns and scalds
- Minor injuries including small cuts, bruises, and splinters
- Bites and stings
- Injuries to bones, muscles and joints (including chest, head and spine)
- Eye injuries
- Poisoning
- Anaphylaxis
- Major illnesses including heart attack and stroke
- Epilepsy
- Asthma
- Diabetic emergencies

Certificated by: Ouch Learning and Development – approved by the FAIB and Highfield

Duration: Face-to-face: 2 days /
Blended learning: 6 hours e-learning & 1 day face-to-face

Assessment: Multiple choice exam & practical assessment

Prerequisites: A valid First Aid at Work (FAW) certificate

Validity of award: 3 years

Learner-to-trainer ratio: Maximum 12 learners per trainer

Delivery formats available: Face-to-face / Blended learning

**Open courses
available**

**In-house / onsite
training available**

First Aid at Work Requalification

Learning outcomes

Upon completion of the course, learners will be able to:

- Understand the role and responsibility of a first aider
- Assess an incident
- Manage a casualty who is unresponsive and NOT breathing normally
- Provide first aid to an unresponsive and breathing normally casualty
- Manage a casualty who is in seizure
- Recognise and assist a casualty who is choking
- Manage a casualty with external bleeding
- Manage a casualty who is in shock
- Understand how to manage a casualty with a minor injury
- Understand how to manage a casualty with minor burns and scalds
- Identify the signs, symptoms and history of a casualty
- Administer first aid to a casualty with injuries to bones, muscles and joints
- Administer first aid to a casualty with suspected head and spinal injuries
- Administer first aid to a casualty with a suspected chest injury
- Administer first aid to a casualty with burns and scalds
- Know how to provide first aid to a casualty with an eye injury
- Administer first aid to a casualty with sudden poisoning
- Administer first aid to a casualty with anaphylaxis
- Administer first aid to a casualty with a suspected major illness
- Understand how to manage a casualty with bites and stings

Included in the price:

- ✓ Interactive and engaging course
- ✓ Qualification & digital certificate
- ✓ Course manual & materials
- ✓ Keyring rebreath face shield
- ✓ Access to FREE resources including Appointed Persons posters for your workplace
- ✓ Access to our customer portal to view your bookings, download previous certificates and generate training reports of your employees
- ✓ Automatic email reminders for certificate expiries

Paediatric First Aid (12 Hours)

This Paediatric First Aid course meets the requirements for those working in Ofsted-regulated childcare settings. The course content and duration follow the guidance set out by the Department for Education in the Early Years Foundation Stage statutory framework (EYFS).

Who needs this qualification?

This qualification is suitable for those responsible for the care of young children, particularly childminders and 'early years' workers.

Why is this training important?

The H&S (First Aid) regulations 1981 place a general duty on employers to provide first aid treatment to employees within the workplace environment. If having assessed first aid needs, an employer decides to appoint first aiders, the first aider must have a valid certificate of competence.

Course content

- The role and responsibility of a first aider
- Incident and casualty management
- Unconscious casualties
- Recovery position and child and baby resuscitation (CPR)
- Safely and effectively use an automated external defibrillator (AED)
- Seizures and febrile convulsions
- Choking
- Shock
- Minor and severe bleeding
- Extremes of heat and cold
- Fractures, dislocations, and soft tissue injuries
- Head, neck, and back injuries
- Ear, eye, and nose injuries
- Burns and electric shock
- Poisoning
- Bites and stings
- Anaphylaxis
- Meningitis
- Diabetic emergency
- Asthma

Certified by: Ouch Learning and Development – approved by the FAIB and Highfield

Duration: Face-to-face: 2 days /
Blended learning: 6 hours e-learning & 1 day face-to-face

Assessment: Multiple choice exam & practical assessment

Prerequisites: None

Validity of award: 3 years

Learner-to-trainer ratio: Maximum 12 learners per trainer

Delivery formats available: Face-to-face / Blended learning

In-house / onsite training available

Paediatric First Aid (12 Hours)

Learning outcomes

Upon completion of the course, learners will be able to:

- Understand the roles and responsibilities of a paediatric first aider
- Assess an emergency situation safely
- Provide first aid for an infant and a child who is unresponsive and breathing normally
- Provide first aid for an infant and a child who is unresponsive and not breathing normally
- Manage an infant or child who is having a seizure
- Manage a casualty who is choking
- Manage a casualty suffering from shock
- Administer first aid to a casualty who is bleeding
- Manage medical conditions and illnesses
- Administer first aid for an infant or child with an anaphylactic shock
- Manage a casualty with extreme temperatures
- Manage a casualty with suspected fractures, dislocations and soft tissue injuries
- Administer first aid to a casualty with head, neck and back injuries
- Manage a casualty with eye and nose injuries
- Administer first aid for a casualty with burns and electric shock injuries
- Administer first aid to a casualty suffering from poisoning
- Administer first aid for bites and stings



Included in the price:



Interactive and engaging course



Qualification & digital certificate



Course manual & materials



Keyring rebreath face shield



Access to FREE resources including Appointed Persons posters for your workplace



Access to our customer portal to view your bookings, download previous certificates and generate training reports of your employees



Automatic email reminders for certificate expiries

Emergency Paediatric First Aid (6 hours)

Successful completion of this course will provide candidates with the essential knowledge and skills to administer emergency paediatric first aid in a variety of settings. In particular, it teaches basic life-support skills and cardiopulmonary resuscitation, to enable candidates to deal with life-threatening emergencies.

Who needs this qualification?

The Emergency Paediatric First Aid course has been developed for candidates working in childcare, or those otherwise responsible for caring for infants and children, who are not required to have an Ofsted/EYFS qualification but who want to learn about emergency paediatric first aid.

Why is this training important?

The national standards for first aid in childcare settings state that 'at least one person who has a current paediatric first aid certificate must be on the premises at all times when children are present.' Additionally, at least one person with a current paediatric first aid certificate must accompany every outing.

Course content

- The role and responsibility of a first aider
- Incident and casualty management
- Unconscious casualties
- Recovery position and child and baby resuscitation (CPR)
- Seizures and febrile convulsions
- Choking
- Minor and severe bleeding
- Shock
- Anaphylaxis
- Bites and stings

Certificated by: Ouch Learning and Development – approved by the FAIB

Duration: 1 day

Assessment: Multiple choice exam & practical assessment

Prerequisites: None

Validity of award: 3 years

Learner-to-trainer ratio: Maximum 12 learners per trainer

Delivery formats available: Face-to-face

In-house / onsite training available

Emergency Paediatric First Aid (6 hours)

Learning outcomes

Upon completion of the course, learners will be able to:

- Understand the roles and responsibilities of a paediatric first aider
- Assess an emergency situation safely
- Provide first aid for an infant and a child who is unresponsive and breathing normally
- Provide first aid for an infant and a child who is unresponsive and not breathing normally
- Manage an infant or child who is having a seizure
- Provide first aid for an infant and a child who is choking
- Provide first aid to an infant and a child with external bleeding
- Understand how to provide first aid to an infant and a child who is suffering from shock
- Administer first aid for bites and stings



Included in the price:

- ✓ Interactive and engaging course
- ✓ Qualification & digital certificate
- ✓ Course manual & materials
- ✓ Keyring rebreath face shield
- ✓ Access to FREE resources including Appointed Persons posters for your workplace
- ✓ Access to our customer portal to view your bookings, download previous certificates and generate training reports of your employees
- ✓ Automatic email reminders for certificate expiries

Basic Life Support + AED

This course is designed to equip delegates with the necessary life-saving skills to provide immediate and essential care in life-threatening situations before medical help arrives. Learners will participate in practical exercises giving them the confidence to act appropriately in real-life emergency situations.

Who needs this qualification?

This course is suitable for individuals who are looking to gain initial first-aid knowledge and skills to enable them to be prepared if ever faced with an emergency.

Why is this training important?

It empowers learners to react appropriately when faced with an emergency which can increase the likelihood of a positive outcome in life-threatening situations.

Basic life support is a valuable tool that can significantly increase the chance of survival and reduce the risk of permanent damage.

Course content

- Assess an incident
- Unresponsive casualty
- Recovery position and Cardiopulmonary resuscitation (CPR)
- Safely and effectively use an automated external defibrillator (AED)
- Shock
- Wounds and bleeding
- Choking
- Understanding medical conditions

Certificated by: Ouch Learning and Development – approved by the FAIB

Duration: 3 hours

Assessment: Practical assessment

Prerequisites: None

Validity of award: 3 years

Learner-to-trainer ratio: Maximum 12 learners per trainer

Delivery formats available: Face-to-face

In-house / onsite training available

First Aid

Basic Life Support + AED

Learning outcomes

Upon completion of the course, learners will be able to:

- Assess an incident
- Provide effective treatment for an unconscious casualty
- Administer cardiopulmonary resuscitation
- Manage a casualty suffering from shock
- Administer first aid to casualties with wounds or bleeding
- Manage a casualty who is choking
- Understand medical conditions including; sickle cell, asthma, epilepsy, diabetes, meningitis



Included in the price:

- ✓ Interactive and engaging course
- ✓ Access to FREE resources including Appointed Persons posters for your workplace
- ✓ Qualification & digital certificate
- ✓ Access to our customer portal to view your bookings, download previous certificates and generate training reports of your employees
- ✓ Course manual & materials
- ✓ Automatic email reminders for certificate expiries
- ✓ Keyring rebreath face shield

Emergency Outdoor First Aid

Emergency Outdoor First Aid is a specialised training course that prepares individuals to provide immediate care in an outdoor setting where access to medical help may be delayed or limited. The course emphasises skills and knowledge tailored to more remote areas' unique challenges and risks.

Who needs this qualification?

This qualification is suitable for those who participate in recreational or sporting activities or who may have to work outdoors.

This may include (but is not limited to):

- Walkers
- Climbers
- Canoeists
- Forestry Workers
- Campers
- Adventure sports enthusiasts

Why is this training important?

Completing this course will enable individuals to enjoy their outdoor pursuits with greater confidence knowing they have the skills to react appropriately to an emergency. Quick and appropriate action can make a life-saving difference in critical situations.

Course content

- The roles and responsibilities of first aiders in an outdoor environment
- Assess an incident
- Unresponsive casualty
- Recovery position and Cardiopulmonary resuscitation (CPR)
- Safely and effectively use an automated external defibrillator (AED)
- Seizures
- Choking
- Wounds and bleeding
- Shock
- Fractures and soft tissue injuries
- Minor injuries (bruises, cuts, small cuts and grazes, and nose bleeds)
- Minor burns and scalds
- Bites and stings
- Casualties who have been immersed in water
- Body temperature emergencies (hypothermia, heat stroke)

Certificated by: Ouch Learning and Development – approved by the FAIB

Duration: 8 hours

Assessment: Practical assessment

Prerequisites: None

Validity of award: 3 years

Learner-to-trainer ratio: Maximum 12 learners per trainer

Delivery formats available: Face-to-face

In-house / onsite training available

Emergency Outdoor First Aid

Learning outcomes

Upon completion of the course, learners will be able to:

- Understand the role and responsibility of a first aider
- Assess an incident
- Manage a casualty who is unresponsive and NOT breathing normally
- Provide first aid to an unresponsive and breathing normally casualty
- Manage a casualty who is in seizure
- Recognise and assist a casualty who is choking
- Manage a casualty with external bleeding
- Manage a casualty who is in shock
- Understand how to manage a casualty with a minor injury
- Understand how to manage a casualty with minor burns and scalds
- Know how to provide first aid to a casualty affected by the immersion of water



Included in the price:



Interactive and engaging course



Access to FREE resources including Appointed Persons posters for your workplace



Qualification & digital certificate



Access to our customer portal to view your bookings, download previous certificates and generate training reports of your employees



Course manual & materials



Automatic email reminders for certificate expiries



Keyring rebreath face shield

Outdoor First Aid

This comprehensive Outdoor First Aid is a specialised form of first aid training that prepares individuals to provide immediate care in an outdoor setting where access to medical help may be delayed or limited. The course emphasises skills and knowledge tailored to the unique challenges and risks encountered in more remote areas

Who needs this qualification?

This qualification is suitable for those who participate in recreational or sporting activities or who may have to work outdoors.

This may include (but is not limited to):

- Walkers
- Climbers
- Canoeists
- Forestry Workers
- Campers
- Adventure sports enthusiasts

Why is this training important?

Completing this course will enable individuals to enjoy their outdoor pursuits with greater confidence knowing they have the skills to react appropriately to an emergency. Quick and appropriate action can make a life-saving difference in critical situations.

Course content

- The roles and responsibilities of first aiders in an outdoor environment
- Assess an incident
- Unresponsive casualty
- Recovery position and Cardiopulmonary resuscitation (CPR)
- Safely and effectively use an automated external defibrillator (AED)
- Seizures
- Choking
- Wounds and bleeding
- Shock
- Fractures and soft tissue injuries
- Epilepsy
- Head and spinal injuries
- Chest injuries
- Minor injuries (bruises, cuts, small cuts and grazes, and nose bleeds)

- Minor burns and scalds
- Eye injuries
- Poisoning
- Anaphylaxis
- Major injuries (heart attack, stroke, asthma and diabetes)
- Bites and stings
- Casualties who have been immersed in water
- Body temperature emergencies (hypothermia, heat stroke)

Certificated by: Ouch Learning and Development – approved by the FAIB

Duration: 16 hours

Assessment: Multiple choice exam & practical assessment

Prerequisites: None

Validity of award: 3 years

Learner-to-trainer ratio: Maximum 12 learners per trainer

Delivery formats available: Face-to-face

In-house / onsite training available

Outdoor First Aid

Learning outcomes

Upon completion of the course, learners will be able to:

- Understand the role and responsibility of a first aider
- Assess an incident
- Manage a casualty who is unresponsive and NOT breathing normally
- Provide first aid to an unresponsive and breathing normally casualty
- Manage a casualty who is in seizure
- Recognise and assist a casualty who is choking
- Manage a casualty with external bleeding
- Manage a casualty who is in shock
- Understand how to manage a casualty with a minor injury
- Understand how to manage a casualty with minor burns and scalds
- Know how to provide first aid to a casualty affected by the immersion of water
- Identify the signs, symptoms and history of a casualty
- Administer first aid to a casualty with injuries to bones, muscles and joints
- Administer first aid to a casualty with suspected head and spinal injuries
- Administer first aid to a casualty with a suspected chest injury
- Administer first aid to a casualty with burns and scalds
- Know how to provide first aid to a casualty with an eye injury
- Administer first aid to a casualty with sudden poisoning
- Administer first aid to a casualty with anaphylaxis
- Administer first aid to a casualty with a suspected major illness
- Know how to provide first aid to a casualty who is experiencing the effects of heat and cold
- Know how to provide first aid to a casualty who has been bitten or stung

Included in the price:

- ✓ Interactive and engaging course
- ✓ Qualification & digital certificate
- ✓ Course manual & materials
- ✓ Keyring rebreath face shield
- ✓ Access to FREE resources including Appointed Persons posters for your workplace
- ✓ Access to our customer portal to view your bookings, download previous certificates and generate training reports of your employees
- ✓ Automatic email reminders for certificate expiries

Emergency First Aid for Forestry

Emergency First Aid for Forestry is a specialised training program that combines standard emergency first aid principles with specific knowledge and skills needed for responding to medical emergencies in forestry or remote outdoor settings.

Who needs this qualification?

This type of training is particularly relevant for individuals who work in the forestry sector, tree planting, arborists, or other outdoor industries where access to medical help may be limited, and the risks of injury are higher.

Why is this training important?

By combining general emergency first aid principles with forestry-specific knowledge, this training equips workers in the forestry industry to respond effectively to medical emergencies and work safely in remote outdoor environments.

Course content

- The role and responsibility of a forestry first aider
- Assess an incident in a forestry environment
- Unresponsive casualty
- Recovery position and Cardiopulmonary resuscitation (CPR)
- Safely and effectively use an automated external defibrillator (AED)
- Seizures
- Choking
- Wounds and bleeding
- Shock
- Minor injuries (bruises, cuts, small cuts and grazes, and nose bleeds)
- Minor burns and scalds
- Bites and stings
- Lyme's disease

Certified by: Ouch Learning and Development – approved by the FAIB

Duration: 7 hours

Assessment: Multiple choice exam & practical assessment

Prerequisites: None

Validity of award: 3 years

Learner-to-trainer ratio: Maximum 12 learners per trainer

Delivery formats available: Face-to-face

In-house / onsite training available

Emergency First Aid for Forestry

Learning outcomes

Upon completion of the course, learners will be able to:

- Understand the role and responsibility of a forestry first aider
- Assess an incident in a forestry environment
- Manage a casualty who is unresponsive and NOT breathing normally
- Provide first aid to an unresponsive and breathing normally casualty
- Manage a casualty who is in seizure
- Recognise and assist a casualty who is choking
- Manage a casualty with external bleeding
- Manage a casualty who is in shock
- Understand how to manage a casualty with a minor injury
- Understand how to manage a casualty with minor burns and scalds



Included in the price:

✓ Interactive and engaging course

✓ Qualification & digital certificate

✓ Course manual & materials

✓ Keyring rebreath face shield

✓ Access to FREE resources including Appointed Persons posters for your workplace

✓ Access to our customer portal to view your bookings, download previous certificates and generate training reports of your employees

✓ Automatic email reminders for certificate expiries

First Aid for Parents and Child Carers

The First Aid for Parents and Child Carers training course is designed to equip parents, guardians, and individuals responsible for the care of children with the knowledge and skills to handle common medical emergencies that may arise in infants, children, and young people.

Who needs this qualification?

This type of training is particularly relevant for those who take care of children regularly, such as parents, babysitters, grandparents, teachers, and childcare professionals.

Why is this training important?

Parents and child carers are often the first responders in emergencies involving their children. Knowing first aid can help them provide immediate and appropriate care, which can make a significant difference in the outcome of an injury or medical incident.

Learning first aid techniques gives parents and child carers the confidence to handle emergencies effectively. This preparation can help reduce panic and stress during critical situations.

Course content

- Unresponsive infant and child
- Cardiopulmonary resuscitation (CPR)
- Safely and effectively use an automated external defibrillator (AED)
- Infant and child seizures
- Choking
- External bleeding
- Burns and scalds
- Fractures, dislocations, strains, and sprains
- Allergic reactions
- Meningitis
- Asthma attack
- Diabetic emergency

Certificated by: Ouch Learning and Development – approved by the FAIB

Duration: 3 hours

Assessment: Practical assessment

Prerequisites: None

Validity of award: 3 years

Learner-to-trainer ratio: Maximum 12 learners per trainer

Delivery formats available: Face-to-face

In-house / onsite training available

First Aid for Parents and Child Carers

Learning outcomes

Upon completion of the course, learners will be able to:

- Manage an infant or child who is unresponsive and NOT breathing normally
- Manage an infant or child who is having a seizure
- Recognise and assist an infant or child who is choking
- Manage an infant or child with external bleeding
- Know how to provide first aid to an infant or child with burns or scalds
- Provide first aid to an infant or child with a suspected fracture or dislocation
- Know how to provide first aid to an infant or child with a chronic medical condition



Included in the price:



Interactive and engaging course



Access to FREE resources including Appointed Persons posters for your workplace



Qualification & digital certificate



Access to our customer portal to view your bookings, download previous certificates and generate training reports of your employees



Course manual & materials



Automatic email reminders for certificate expiries



Keyring rebreath face shield

First Aid for Schools

First Aid for Schools refers to the training and implementation of immediate care techniques and procedures to address injuries, illnesses, and medical emergencies that may occur within a school environment.

Who needs this qualification?

School teachers, school staff and pupils (Year 11 upwards).

Why is this training important?

Schools are places where children spend a significant portion of their time, making it crucial to have staff members and teachers trained in first aid to ensure the safety and well-being of students and staff alike.

Course content

- Unresponsive casualty
- Recovery position and Cardiopulmonary resuscitation (CPR)
- Safely and effectively use an automated external defibrillator (AED)
- Choking
- External bleeding
- Minor injuries (bruises, small cuts, grazes, splinters, and nose bleeds)
- Bites and stings
- Fractures, dislocations, sprains, and strains
- Head injuries
- Anaphylaxis
- Asthma



Certificated by: Ouch Learning and Development – approved by the FAIB

Duration: 1 Day

Assessment: Practical assessment

Prerequisites: None

Validity of award: 3 years

Learner-to-trainer ratio: Maximum 12 learners per trainer

Delivery formats available: Face-to-face

In-house / onsite training available

First Aid for Schools

Learning outcomes

Upon completion of the course, learners will be able to:

- Manage a casualty who is unresponsive and NOT breathing normally
- Provide first aid to an unresponsive and breathing normally casualty
- Recognise and assist a casualty who is choking
- Manage a casualty with external bleeding
- Understand how to manage a casualty with a minor injury
- Administer first aid to a casualty with injuries to bones, muscles and joints
- Administer first aid to a casualty with suspected head injury
- Administer first aid to a casualty with anaphylaxis
- Administer first aid to a casualty with suspected asthma



Included in the price:



Interactive and engaging course



Qualification & digital certificate



Course manual & materials



Keyring rebreath face shield



Access to FREE resources including Appointed Persons posters for your workplace



Access to our customer portal to view your bookings, download previous certificates and generate training reports of your employees



Automatic email reminders for certificate expiries

First Aid Annual Refresher

First Aid Annual Refresher is a training session conducted on a yearly basis for individuals who have previously completed a comprehensive first aid course. The annual refresher aims to reinforce and update the knowledge and skills of learners in first aid techniques, ensuring that they remain competent and confident in their ability to respond effectively to emergencies. These refreshers are particularly important as first aid protocols and guidelines may change over time, and regular practice helps maintain readiness and proficiency.

Who needs this qualification?

This course is designed for those with a valid Emergency First Aid at Work (EFAW) or First Aid at Work (FAW) certificate.

The course does not renew first aid certificates or extend the validity period of certificates. It is for practice and refreshing skills only. Those approaching expiry of their current first aid certificate will need to attend a requalification course. You can use our Requalification Checker to find the relevant course and find out more

Why is this training important?

The HSE recommends that those who hold a valid Emergency First aid at Work (EFAW) or First Aid at Work (FAW) certificate should update their skills and knowledge every 12 months to keep up to date with any changes that happen between completing their first aid qualification and requalifying 3 years later.

Course content

- Assess an incident
- Unresponsive casualty
- Recovery position and Cardiopulmonary resuscitation (CPR)
- Safely and effectively use an automated external defibrillator (AED)
- Seizures
- Choking
- External bleeding
- Shock

Certificated by: Ouch Learning and Development – approved by the FAIB

Duration: 3 hours

Assessment: Practical assessment

Prerequisites: A valid Emergency First Aid at Work (EFAW) or First Aid at Work (FAW) certificate

Validity of award: 1 year

Learner-to-trainer ratio: Maximum 12 learners per trainer

Delivery formats available: Face-to-face

In-house / onsite training available

First Aid Annual Refresher

Learning outcomes

Upon completion of the course, learners will be able to:

- Assess an incident
- Manage a casualty who is unresponsive and NOT breathing normally
- Provide first aid to an unresponsive and breathing normally casualty
- Manage a casualty who is in seizure
- Recognise and assist a casualty who is choking
- Manage a casualty with external bleeding
- Manage a casualty who is in shock



Included in the price:

- ✓ Interactive and engaging course
- ✓ Qualification & digital certificate
- ✓ Course manual & materials
- ✓ Keyring rebreath face shield
- ✓ Access to FREE resources including Appointed Persons posters for your workplace
- ✓ Access to our customer portal to view your bookings, download previous certificates and generate training reports of your employees
- ✓ Automatic email reminders for certificate expiries

Driver CPC Emergency First Aid

Lorry, bus, and coach drivers must complete 35 hours of periodic training every 5 years to keep their Certificate of Professional Competence (CPC). This course has been approved by the DVSA and qualifies for 7 Driver CPC hours. Our course provides a foundation of emergency first aid procedures, delegates will be able to act confidently in the event of an emergency.

Each driver's details will be uploaded to the DVSA database within 5 working days of completing the course.

Who needs this training?

Any potential, new or existing bus, coach or lorry drivers requiring Driver CPC Emergency First Aid training.

Why is this training important?

The aim of Driver CPC training is to reduce road casualties by ensuring and maintaining all bus, coach and lorry drivers are up to date with legislation and trained to a high standard.

Course content

- The role of a first aider
- Incident and casualty management
- Unresponsive casualty
- Recovery position and Cardiopulmonary resuscitation (CPR)
- Wounds and bleeding
- Shock
- Choking and Anaphylaxis
- Minor injuries
- Burns and scalds
- Medical emergencies (stroke, heart attack)

Certificated by: Ouch Learning and Development – approved by DVSA

Duration: 1 day (7 CPC hours)

Assessment: No formal assessment

Prerequisites: A CPC card or valid driver's licence for buses, coaches, or lorries

Validity of award: 3 years

Learner-to-trainer ratio: Maximum 12 learners per trainer

Delivery formats available: Face-to-face

**In-house / onsite
training available**

Driver CPC Emergency First Aid

Learning outcomes

Upon completion of the course, learners will be able to:

- Understand the role of the first aider
- Understand the importance of basic hygiene in first aid procedures
- Assess the situation and act safely and promptly to an emergency
- Administer cardiopulmonary resuscitation
- Administer first aid to an unconscious casualty
- Administer first aid to a casualty who is wounded or bleeding
- Provide first aid to a casualty suffering from shock
- Administer first aid to a casualty who is choking
- Provide appropriate first aid for minor injuries



Included in the price:



Interactive and engaging course



Qualification & digital certificate



Course manual & materials



Keyring rebreath face shield



Access to FREE resources including Appointed Persons posters for your workplace



Access to our customer portal to view your bookings, download previous certificates and generate training reports of your employees



Automatic email reminders for certificate expiries

Other Courses offered by Ouch



First Aid
[View More](#)



Fire Safety
[View More](#)



Asbestos Safety
[View More](#)



Driver CPC
[View More](#)



Health & Safety
[View More](#)



Manual Handling
[View More](#)



Business Training
[View More](#)



Mental Health
[View More](#)