

Forest Schools First Aid 16 Hour Level 3 (VTQ)TM



Certified
CPD



Certificate
valid 3 years



Course Overview

Be prepared for first aid emergencies outdoors

Forest School leaders and outdoor practitioners work in environments where help may be further away, ground conditions are unpredictable, and the risks are different to an office or classroom. Standard workplace first aid training doesn't cover this.

The Forest Schools 16 Hour First Aid Level 3 (VTQ) is designed specifically for Forest School leaders, outdoor learning practitioners, and anyone responsible for groups, particularly children, in outdoor and woodland settings. It builds on core first aid skills with the additional knowledge needed to manage incidents outdoors, where professional medical help may be some time away.

Covering both adults and children, the course explores the role of the forest school first aider, scene and casualty assessment, and life-saving interventions such as CPR and AED use. Learners gain confidence treating injuries, external bleeding, burns, shock, hypothermia and immersion in water, plus recognising and managing illness such as asthma attacks, diabetic emergencies, seizures and anaphylaxis.

What's covered?

We will look at:

- The role and responsibilities of the forest school first aider
- Assessing incidents and casualties in an outdoor setting
- Managing an unresponsive casualty outdoors
- CPR and use of an AED
- Recovery position
- Choking, seizures and shock
- Wounds, bleeding, burns and scalds
- Fractures, dislocations and suspected head, neck or back injuries
- Effects of heat, cold, and immersion in water
- Allergic reactions, asthma, diabetic emergencies and other major illness
- Electric shock and poisoning



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