OUTREACH RESCUE



# FIRST RESPONSE EMERGENCY CARE, LEVEL 3 (FREC 3)

## Goal:

To develop practical competencies and theoretical knowledge for managing a range of prehospital emergency care situations.

## Target group:

Individuals responsible for providing prehospital care in workplaces or community roles, including those in emergency services, healthcare, and specialist sectors like construction and energy.
This course is eligible for both CITB and ELCAS funding.

## Highlights:

- Endorsed by the Faculty of Pre-Hospital Care, Royal College of Surgeons of Edinburgh.
- Covers a wide range of prehospital care scenarios, including trauma and medical emergencies.
- Practical, hands-on learning assessed through skills tests and invigilated exams.

## Qualsafe First Response Emercency Care, Level 3 (RQF)

## Course length

35 hours (5 days)

## Instructor

1:6

## Period of validity

3 years

## Certification

Qualsafe Level 3 Award in First Response Emergency Care (RQF), recorded in the Qualsafe Awards database.

## Venue

Llanllechid, Bangor, Gwynedd, North Wales, or Raglan, Monmouthshire, South Wales, or other approved locations.

## Description

The leading qualification for events cover, the Qualsafe First Response Emergency Care (Level 3 RQF) covers the full range of skills required by the HSE for first aid. For those with further ambitions. Over 5 days, you will fulfil the competencies set out in the PHEM skills framework at descriptor level D, gaining the knowledge and practical skills needed to deal with a range of prehospital emergency care situations. A perfect fit for those looking to work or volunteer as a first responder. Among the first to arrive at a scene, First Responders typically includes law enforcement officers, firefighters, and those providing medical cover at events, as well as those working in high-risk environments including the military, power stations, agriculture and manufacturing.

## Compliance:

Aligned with standards from the Resuscitation Council (UK), HSE, and Faculty of Pre-Hospital Care.

## Previous knowledge:

Participants should have a basic understanding of first aid and Level 2 literacy skills recommended but not required.

## Requirements:

Participants must be aged 17+ and have basic physical and mental aptitude to undertake practical training.

## Progression:

Eligible for Qualsafe Level 4 Certificate in First Response Emergency Care (FREC 4) and other advanced emergency medical qualifications. Entry to FREC 4 includes completion of 118 hours of contextualised learning at level 3, which must be evidenced by a CPD portfolio.

## Theoretical elements:

– Legal obligations and professional standards for prehospital care.
– Comprehensive patient assessment techniques, including primary and secondary surveys.
– Airway anatomy and management strategies.

## Practical elements:

– CPR and use of AEDs for adults, children, and infants.
– Management of trauma, including catastrophic bleeding and spinal injuries.
– Emergency care for medical crises such as anaphylaxis, asthma, and seizures.