



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.

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.

Description

The leading qualification for events cover, the Quallsafe 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 Quallsafe 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.


Quallsafe First Response Emergency Care, Level 3 (RQF)

 **Course length**
35 hours (5 days)

 **Instructor**
1:6

 **Period of validity**
3 years

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

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