

REC

Rescue Emergency Care Certificate



For everyone needing extended life-saving skills away from immediate help (first aid care required for a few hours whilst the rescue services are on their way)

Duration: 8 hours and 16 hours

Ratio: up to 9 students per course

Audience: staff needing extended first aid skills, people responsible for a group, for mountain or cycling leaders in a professional capacity, anyone practicing sports in a remote environment

Validity: 3 years

Certification: certificate given by the Rescue Emergency Care (REC) (*recfirstaid.net*) organisation in the UK. You will receive a PDF certificate via email which you can download. Candidates are expected to perform high quality CPR on an adult mannequin over 2 minutes in order to receive the certificate.

Bespoke courses: we can tailor the content of the REC courses to suit your needs. Emphasis can be made on conditions and injuries typically encountered in your working environment. For example: dealing with anxiety attacks, removal of a crash helmet, improvised splinting in a remote environment, etc.

Content: the 8-hour course includes training in:

- ✓ DR ABC protocol
- ✓ High quality Cardiopulmonary Resuscitation (CPR): adult, child and infant
- ✓ Use of an Automated External Defibrillator (AED) training device
- ✓ Giving information to the emergency services
- ✓ Moving a casualty
- ✓ Recognising the signs of a heart attack and stroke
- ✓ Dealing with a choking person: adult, child and infant
- ✓ Putting a person into the Safe Airway Position
- ✓ Asthma and use of an inhaler
- ✓ Anaphylaxis and use of an epipen
- ✓ Chest Injuries
- ✓ Head Injuries and fainting
- ✓ Bleeding and Shock
- ✓ What's in your first aid kit
- ✓ Downloading of apps to use in case of an emergency

Extended content for the 16-hour course:

- ✓ DR ABCDE
- ✓ Angina
- ✓ Burns
- ✓ Seizures
- ✓ Diabetes
- ✓ Poisoning
- ✓ Hypothermia and hyperthermia
- ✓ Crush injuries and eye injuries
- ✓ Fractures, sprains and strains
- ✓ Spinal management
- ✓ Triage
- ✓ Ticks and tick-borne diseases

Learning resources:

- ✓ A PDF copy of the course PowerPoint presentation with links to all the videos, websites and apps that we refer to during the course
- ✓ Resuscitation dolls (adult) with Bluetooth QCPR technology for immediate feedback on performance (1 per candidate)
- ✓ Resuscitation dolls: adult, child and infant
- ✓ Automated External Defibrillator training devices (1 per 3 candidates)
- ✓ Choking dolls: adult, child and infant
- ✓ EpiPen trainers (1 per candidate)
- ✓ Asthma inhalers and spacers
- ✓ First aid kits with bleeding kits
- ✓ First Aid manuals to use during the course (1 per candidate)
- ✓ SRC printed algorithm handouts

Courses we have run in the past:

- For staff and athletes training at the Centre Mondiale de Cyclisme – bespoke course
- For staff working in an environment with children and young people – bespoke course
- For adults and young people doing a BASI qualification – bespoke course
- For professionals needing to renew their first aid certificate to validate their mountain leader qualification or cycling coaching qualification – bespoke course

Contact us today for more information and to create a bespoke course relevant to the needs of your organisation.