



## Outdoor First Aid – Forestry Context

### Target Audience

This course is suitable for:

Arboricultural Climbers  
Ground Workers  
Forest Craftspersons  
Forest Machine Operators  
Forest Recreation Rangers

It exceeds the general requirements specified in the Forestry Commission's First Aid at Work guidance document which states that in most cases EFAW+F would be an appropriate standard of training unless:

- Working on High Risk sites where more than 50 people are present or
- Working on Low Risk sites where more than 100 people are present.

It remains the responsibility of the manager or contractor to decide via their first aid needs assessment what the appropriate level of first aid provision is for a particular set of circumstances.

### Standard OFA Content

**Note** – The 'standard' OFA content is delivered in a context appropriate to the forestry & arboriculture sectors.

On completion of training, successful candidates will be able to:

- Assess the situation in order to act safely, promptly and effectively in an emergency
- Administer first aid to a casualty who is unconscious (including seizure)
- Administer cardiopulmonary resuscitation - CPR

Recognise and treat:

- Airway problems, including dealing with unconsciousness and choking
- Breathing problems
- Major bleeding, both external & internal
- Casualties suffering from shock
- Common limb injuries including fractures and dislocations
- Soft tissue injuries (sprains & strains)
- Head injuries
- Chest, abdominal and pelvic injuries
- Potential spinal injuries
- Provide appropriate first aid for minor injuries (including small cuts, grazes, bruises, small splinters and eye injuries)

The content also covers medical and environmental issues including:

- Recognising the presence of major illness and provide appropriate first aid (including heart attack, stroke, epilepsy, asthma, diabetes and anaphylaxis)
- Cold related illness i.e. hypothermia
- Heat related illness i.e. heat exhaustion, heat stroke and burns
- Sudden poisoning
- Environmental risks including Weil's disease, Lyme disease, bites and stings

Consideration will be given to both urban and rural/remote environments and the effect of extended timescales on casualty management. A portion of the course will be delivered outdoors.





## Outdoor First Aid – Forestry Context (cont.)

### Forestry & Arboriculture Specific Content

The course will consider where necessary:

- Chainsaw Injuries
  - Use of Haemostatic Agents (CeloX, Quikclot, HemCon) and tourniquets (CAT)\*
  - Crush Injuries
  - Lyme Disease
  - Hypothermia
  - Suspension Trauma\*
  - Removal of PPE\*
  - Hydraulic Fluid Injection Injuries\*
- \* This exceeds the criteria as specified by the Forestry Commission guidance on First Aid at Work.

### Assessment

- Continuous practical assessment undertaken throughout the duration of the course.
- 2 x 10 question multi-choice exam papers.

### Delivery Options

**Duration -** The OFA component of the course must comprise of a minimum of 16 contact hours delivered over a minimum of 2 days. Current regulations stipulate that the additional industry specific content must be delivered outside of these 16 hours.

A typical OFA course lasts approximately 18 hours i.e. 2 days at 9am – 6pm (allowing for breaks).

The 16 hours of the core OFA syllabus need not be delivered over 2 consecutive days, in fact sessions of a minimum of 2 hours can take place over a period of up to 9 weeks. This allows us the flexibility to deliver courses around your workload and availability.

**Venue -** Our group booking rates exclude any venue costs. NPTA can arrange a suitable third party venue for your training or organisations may provide their own venue.

**Recognition -** NPTA is accredited by ITC First Ltd who are the Awarding Organisation for our nationally recognised courses. ITC First Ltd is regulated by Ofqual and SQA.

**Certificates -** Additional wording on OFA & EFAW certificates is not permitted therefore successful candidates will receive:

- An Outdoor First Aid (OFA) certificate.
- An Emergency First Aid at Work (EFAW) certificate.
- A letter detailing the forestry and arboriculture (+F) context of the course and the additional content covered.

**Lifespan -** The certificate is valid for a period of 3 years from the date of issue and can be renewed by completing a further 16 hour Outdoor First Aid course.  
HSE recommends refresher training of a minimum of 3 hours annually.



### Course Fees

Individual Booking:

£ 120.00 + VAT approx.

Group Booking:

(maximum of 12 people)

£ 900.00 + VAT approx.

*Due to the individually tailored nature of our courses these prices are for guidance only.*

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