



# First Aid

## Rescue Emergency Care

Outdoor first aid for outdoor people!  
Most practical sessions will take place outdoors.  
REC is recognised throughout the outdoor industry and approved by most adventure sport national governing bodies.

### **REC Basic First Aid**

8 hour course. Essential skills to deal with an incident and use a basic first aid kit, includes treatment of drowning and hypothermia. Meets BCU and RYA requirements.  
Pre reqs: None                      Working towards: REC Basic First Aid

### **REC Emergency First Aid**

16 hour course. Systematic way of administering first aid and to develop these essential skills to deal with more difficult incidents where there is no immediate help. Meets BCU and MLTB requirements.  
Pre reqs: None                      Working towards: REC Basic First Aid

### **REC Advanced First Aid**

16 hour course. To introduce a systematic way of advanced first aid for managing casualties. Includes development of skills, longer term care and the use of additional equipment.  
Pre reqs: Emergency First Aid or HSE First Aid at Work  
This course is available subject to demand, please call the centre to register your interest on  
01603 632307

