



# Different Perspective Training Ltd.

Pragmatic First Aid, Mental Health & Outdoor Safety Training

## Level 3 Award in Outdoor First Aid (16hr)

- Including First Aid for Agriculture and Horticulture.
- Regulated & Accredited by Ofqual and Qualifications Scotland.
- Accredited by the Institute of Outdoor Learning.
- Meeting the Standards of the UK Outdoor National Governing Bodies.





## An Introduction

### Who We Are & What We Do

At Different Perspective Training Ltd., we specialise in delivering engaging and memorable First Aid, Mental Health, and Outdoor Safety Training.

Our programmes are flexible and always tailored to the specific needs of your workplace. Whether we are delivering bespoke training at your site or hosting individuals at our Public Training Courses, our focus remains on practical, real-world application.

### Our Roots

Our company is built on a foundation of developmental pedagogy, backed by over 20 years of experience in teaching, outdoor education, and expedition leadership. Encouraging people to challenge themselves and learn is our passion.

We believe that caring for others is a responsibility that extends beyond the 9-5 and forms our core principle: *"Our training is proudly delivered For Your Workplace and Life Outside It."*

### Our Training & Consultation Programmes:

- **First Aid Training:** Practical skills for workplaces, agriculture, industry and outdoor enthusiasts, designed for high recall when it matters most.
- **First Aid for Mental Health:** Empowering people to support those in crisis and provide proactive guidance.
- **Off Site Risk Management & Policy Consultation:** Simplifying the legalities of off-site work, turning complex "hoops" into simple, actionable steps.
- **Occupational Water Safety Training:** Ensuring organisations meet statutory obligations to keep staff safe in, on, or around water.

## Outdoor First Aid Training Course Outline

Different Perspective Training Ltd offer a unique range of First Aid Training Programmes for your organisation. At every opportunity each course is tailored to meet your first aid needs, creating a truly bespoke training programme for your employees. In 2013 the HSE handed over governance of first aid provision to Ofqual and the onus of training programme selection to the employer. This has subsequently freed employers from the strictures of the traditional HSE Workplace First Aid Courses, allowing you to select which course is most suitable for your workplace and working environment.



### Aims

- To create a safe learning environment where learning is natural, and skills development is exciting.
- To assess delegate knowledge through continuous practical observation rather than formal written examinations.
- To develop knowledge and understanding of First Aid and Emergency Response Procedures.
- To empower delegates with the confidence to assess a situation and respond to an incident within the remit of their training.
- To develop skills that are relevant to their workplace and which can be adapted to meet different circumstances and environments.
- To encourage further study and promote the value of continuing professional development.

### 16hr Outdoor First Aid - L3 (Incl. FA for Horticulture & Agriculture)

**Target Group:** People venturing outside either for work or pleasure to remote settings where help and assistance can be protracted.

**Introduction:** Different to Workplace First Aid courses, our Outdoor First Aid courses are designed to provide outdoor incident management skills. Training is predominantly outdoors and of a practical nature, tailored to meet the needs of the participant often working in outdoor clothing with PPE and on various terrains.



**Content:** This 16-hour course looks at the following topics; roles & responsibilities of an Outdoor First Aider, adult & child specific treatments, dealing with collapse (with and without breathing), drowning, choking, bleeding, shock, major illnesses, torso and limb injuries, environmental effects, heat and cold injuries, using first aid kit, outdoor specific scenarios, outdoor incident management and looking after a casualty for more than 10 minutes.



**Description:** This course introduces the techniques, skills and confidence that will be needed to deal with an incident when venturing outside in the British Isles where assistance is more than a few minutes away. This qualification indicates an individual can undertake the role of Outdoor First Aider in more rural and remote areas.

The need for an Outdoor First Aider might have been identified by a Workplace First Aid Needs Assessment and can be relied upon by employers to satisfy the due diligence requirements of the HSE for first aid training providers. Successful completion of the course will result in knowledge and skills that have been identified by the Institute for Outdoor Learning First Aid Training Framework for the safe, effective and prompt treatment of injuries and illness, with the management of incidents in the outdoors. The course will be delivered in a realistic outdoor context and will satisfy the first aid requirements for instructors with most of the outdoor industry

National Governing Bodies.

**Additional Certification:** As part of our Public Courses, we deliver the Outdoor First Aid Course in parallel to the Forest Schools First Aid (FSFA) course and assessment path which includes the Paediatric First Aid (PFA) content. We are therefore able to assess both courses simultaneously, which means that delegates are able to gain certification in Paediatric First Aid at the same time! This course also covers and can be additionally certificated for *Forest Schools First Aid*, *First Aid at Work – Requalification*, *Emergency First Aid at Work* and *Forestry First Aid (+F)*.

## Cost

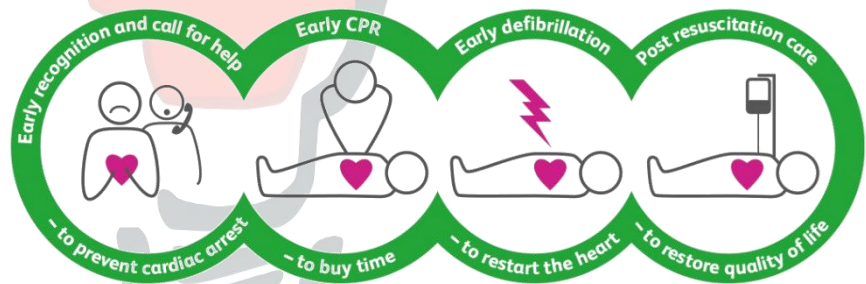
These courses can be delivered as either Public Courses (open to members of the public) or as Bespoke Courses (delivered to a specific client group with content tailored to participant needs).

**Open/ Public Courses:** from

**£165pp** & includes certification & manual. See [www.DPTrainingUK.com/course-diary](http://www.DPTrainingUK.com/course-diary) for upcoming course dates and venues.

**Bespoke/ Private Courses:** Our costs are established at a base rate of **£475/ day**.

- This cost does not include certification and manuals, charged separately at cost from the Awarding Organisation from **£20pp**.
- Further certification, for multiple short courses delivered in any single day or dual certification is costed at **£27.50pp/ Qualification**.
- This cost does not include any foreseeable and reasonable expenses, such as venue hire or accommodation, always agreed in advance.



Please do get in touch to discuss these options further.



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