RESCUE
Emergency Care

CERTIFICATE

This is to certify that

Olivia Ryb

has passed the following

Outdoor First Aid (16 hr)

meets with

Rescue Emergency Care Scheme Guidelines

following attendance at

Leeds University

This certificate is valid for 3 years from

19-09-2021

Registered REC First Aid Provider

Helen Howe, Snowdonia First Aid

Training Director

Dr R M Phillips



Trainer

Steve Howe

Assistant Trainer

Helen Howe

CERTIFICATE REC OF AWARD

Certificate No. 07923-08154

REC, 11 Borden Road, Glasgow, G13 1RB, Tel: 03330 705988, Glasgow, Email: enquiries@recfirstaid.net, https://www.recfirstaid.net

The Organisation

Rescue Emergency Care (REC) is a First Aid training scheme that was created in 1986 by Dr Bob Phillips, his medical and rescue colleagues and other outdoor enthusiasts that needed first aid training for themselves and others. Few first aid courses at that time had sufficient practical time for adventure sport or first aid at work. The first REC courses began in 1986 for outdoor instructors. The training scheme was set up to:

- Introduce innovative informative and practical first aid training
- Research new developments and training methods. Offer help and advice
- Encourage the training and development of emergency care

REC has been an HSE approved first aid training provider in GB from 1995 and NI from 2006 until the HSE removed approvals from all organisations in GB in 2013 and NI in 2017.

The Trainers

REC trainers all start with the instructor course and then progress with the trainer scheme. All trainers undergo extended training and have at least one special interest area. All Trainers have the necessary qualifications as required by the HSE. Trainers include: Doctors * Nurses * Paramedics * Rescue Team Members * Teachers * Adventure Sport Instructors

The Training Scheme

The REC first aid training scheme is open to all applicants. For further information write to Rescue Emergency Care, 11 Borden Road, Glasgow, G13 1RB; email to enquiries@recfirstaid.net; call the helpline on 03330 705988 or visit www.recfirstaid.net.

The Courses - see below: - Please note all REC courses include AED practical training.

Annual Refresher

An annual 3 hour course to refresh basic skills (HSE recommended).

AED (Defibrillator Training)

A ½ day course providing training in the use of Automated External Defibrillators (AED). This course is often completed with the Annual Refresher.

Basic (Public) First Aid

A 1-day (6 hr) course. Basic first aid skills for the home and work. Course extended to 8 hr to include specific topics for RYA.

Emergency First Aid at Work (HSE)

A 1 day (6 hr) course. Required for recognition as an Emergency First Aider for the workplace (EFAW).

Outdoor First Aid

A 2-day (16 hr) course developing basic skills. Acceptable for ML, SPA, RYA and other Sports Governing Bodies. This course can include the EFAW when it is requested prior to the course.

Mountain First Aid

A 3-day course extending the skills and knowledge of the Emergency First Aid. The 3rd day extends knowledge and skills for first aid in a mountain environment. This course can include the FAW (18 hr) when it is requested prior to the course.

Paediatric First Aid

A 1-day Emergency (6 hr) or 2-day (12 hr) course for people working with children.

First Aid at Work (HSE)

A 3-day (18 hr) course which follows the HSE first aid at work recommendations. Required for recognition as a First Aider in the workplace. Course can be adapted or delivered for specific work environments.

Requal First Aid at Work (HSE)

A 2-day (12 hr) course developing existing knowledge and skills. Candidates must have an in-date FAW certificate before taking this course.

Advanced First Aid

A 2-day course offering an advanced understanding of basic life skills.

Expedition First Aid

A 2-day course in extended skills for isolated locations.

Train the Trainer

A 4-day course giving qualified first aiders the initial training to go on and teach first aid to their own group or clients.

Further Training Options

(high risk industry * foreign travel * mountain * dive * sail * canoe) Specific 1-day courses that are optional additions to the above courses or stand-alone for a range of hazards. Check website for additional specialist courses.