**Duke of Edinburgh Award Participants**

We can come to your venue and deliver specific training to your Duke of Edinburgh Award participants, suitable to the level of the Award:

**Bronze Award (typically 4 hours of First Aid Training)**
**Silver Award (typically 6 hours of First Aid Training)**
**Gold Award (typically 8 hours of First Aid Training)**

The training will cover the following topics to a varying depth of knowledge, according to the level at which they are working:

- First aid and emergency procedures.
- Action in an emergency – resuscitation, airway, breathing and circulation.
- Recognition and treatment of hypothermia and heatstroke.
- The treatment of wounds and bleeding.
- Treatment for shock.
- The treatment of blisters, cuts, abrasions, minor burns and scalds, headaches, insect bites, sunburn, splinters.
- The recognition of more serious conditions such as sprains, strains, dislocations and broken limbs.
- Knowing what to do in the case of an accident or emergency.
- Summoning help – what people need to know, telephoning for help, and written message.
- Getting help, self-help and waiting for help to arrive, keeping safe and warm, helping people to find you.

Please contact us for more information.

If the participants need a first aid course for a Leadership Award, they may need to complete a 16 hour course. In this case they can book onto one of our 16 Hour Remote Outdoor First Aid courses.