

FREC 3

First Response Emergency Care Level 3 (RQF)

Qualsafe Registered Provider

Duration: 5 Days

ELCAS Approved

Group bookings available



What is FREC 3?

FREC 3 will teach you the life-saving skills and techniques of a first responder within a pre-hospital scenario.

Is FREC 3 suitable for staff training?

FREC 3 is suitable for people who require First Aid training or above, including: people with medical responsibility within the workplace, or in voluntary and community activities. FREC 3 is also the entry-level stage of the FREC pathway.

Please use the contact form on the web page for group booking enquiries.

Professional Pathways

FREC 3 is the entry-level stage of the FREC pathway, enabling a "first responder" to administer pre-hospital emergency care.

FREC 3 is part of a progressive pathway of courses, culminating in a Level 5 Diploma in First Response Emergency and Urgent Care (RQF) (FREUC 5), which is used to progress careers within:

- Emergency services
- Ambulance services
- Healthcare settings
- Specialist medical roles within high-risk workplaces including law enforcement, security, energy and utilities, construction and military.

Immersive

We put great emphasis on the "hands-on" aspects of course creating true-to-life medical simulations

Expert

All our instructors are practising medics with the most up-to-date medical knowledge

Award-Winning

Train with award-winning medical equipment, as used by Ambulance Services and Armed Forces globally

Life-like

Experience as close to genuine patient trauma care as possible with SIMBODIES™, our ultra-realistic manikins

Testimonial

"It was apparent just how enthusiastic our instructor was about quality current medicine. He knew and teaches so much more than what you're paying for, and teaches it in the most understandable and compelling way."

Hospital Care Assistant



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Contact Us:

T. +44 (0)1568 613942

E. training.coordinator@safeguardmedical.com

www.prometheusmedical.co.uk

Book Now
FREC 3



FREC 3 continued

FREC 3 Skills Framework & Progression

FREC 3 provides the non-healthcare professional with pre-hospital knowledge and practical skills, fulfilling the competencies set out in the PHEM skills framework at descriptor level D.

Candidates with First Person on Scene Intermediate (FPOSi) will be able to undertake the FREC 3 Requalification and FPOSi can also be used as part of the Entry criteria for FREC 4.

FREC 3 Requalification

Both FREC 3 and FPOSi are valid for 3 years: after they expire the learner needs to take a FREC 3 Requalification to remain qualified.

Course Overview & Learning Outcomes

Your course will teach you the roles and responsibilities of a first responder within the pre-hospital scenario. On completion you will:

- Understand the role and responsibilities of a first responder
- Be able to assess an incident
- Be able to assess and manage patients with life-threatening and nonlife-threatening illness and injuries
- Be able to assess a patient's airway
- Be able to manage a patient's airway
- Be able to manage an unresponsive patient who is not breathing normally
- Be able to safely use an AED during a resuscitation attempt and how to maintain an AED ready for use
- Be able to administer emergency oxygen
- Be able to assess and manage trauma patients
- Be able to assess and manage catastrophic bleeding
- Be able to assess and manage chest injuries
- Be able to assess and manage bleeding
- Be able to assess and manage a patient with compromised circulation
- Know how to assess and manage wounds and eye injuries
- Know how to assess and manage a patient with burns or scalds
- Know how to manage a patient with sudden poisoning
- Be able to provide emergency care to a patient with head, spinal and musculoskeletal injuries
- Know how to identify a patient experiencing breathing difficulties
- Know how to manage a patient experiencing breathing difficulties
- Know how to manage a patient with anaphylaxis
- Know how to assess and manage a patient with suspected major illness
- Know how to manage a patient who is actively convulsing
- Understand how to provide emergency care for the effects of environmental exposure
- There are 6 practical assessments, 3 theory assessments and 1 invigilated exam

ELCAS Approved

Our training courses can support your next career move when you leave the Armed Forces. We are an approved learning provider for the Ministry of Defence. We accept enhanced learning credits for FREC 3 & 4 medical training courses.



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