

FREC 4

First Response Emergency Care Level 3 (RQF)

Qualsafe Registered Provider

Duration: 5 Days

ELCAS Approved

Group bookings available



Prometheus is a Qualsafe Awards registered provider of First Response Emergency Care Level 4 RQF.

What is FREC 4?

The FREC Level 4 Course benefits learners by enabling them to attain the knowledge and practical competencies needed to deal with a range of prehospital emergency and urgent situations. This course is designed as the next step for those who have completed the QA Level 3 Certificate in First Response Emergency Care (RQF)

Once achieved, this qualification is valid while the learner maintains a continuing professional development (CPD) portfolio and has attended annual refresher training ([ILS](#)).

Professional Pathways

FREC 4 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 the emergency services, ambulance services, healthcare settings, and supports specialist medical roles within high-risk workplaces including law enforcement, security, energy and utilities, construction and military.

How long is FREC 4 valid for?

This qualification is valid while the learner maintains a continuing professional development (CPD) portfolio and has attended annual refresher training ([ILS](#)).



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

“Very helpful pre-course communications were brilliant. I liked the fact we weren’t lectured for long periods, the research sections & practical broke up the lectures nicely.”

Military Personnel



**PROMETHEUS
MEDICAL**

PART OF **SAFEGUARDMEDICAL™**

Contact Us:

T. +44 (0)1568 613942

E. training.coordinator@safeguardmedical.com

www.prometheusmedical.co.uk

Book Now

FREC 4

FREC 4 continued

FREC 3 Skills Framework & Progression

The next step for those who have completed the QA Level 3 Certificate in First Response Emergency Care (FREC 3), FREC 4 is aimed at not only industry, emergency services (police and fire), and public sector companies and their employees, but for individuals who aspire to a more advanced level of emergency care knowledge and practical skill set.

Course Overview & Learning Outcomes

The aim of the FREC Level 4 Course is to equip learners with the knowledge and practical competencies needed to deal with a range of prehospital emergency and urgent situations.

This course fulfils the competencies set out in the PHEM skills framework at descriptor level E

The syllabus includes:

- Initial patient assessment
- Physiological observations
- Anatomy and physiology
- Heart disease
- Electrocardiogram application and monitoring
- Managing a patient's airway
- Medical gases
- Thoracic trauma
- Sepsis
- Maternity care
- Respiratory disorders and infections
- Mechanisms of injury and kinetics
- Triage
- Full body and limb immobilisation
- Sexual assault
- Major incidents
- Psychosocial development in children
- Emergency care for sick and injured children
- Mental health crisis
- Assisting the clinician with clinical interventions

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.



**PROMETHEUS
MEDICAL**

PART OF **SAFEGUARDMEDICAL**

Contact Us:

T. +44 (0)1568 613942

E. training.coordinator@safeguardmedical.com

www.prometheusmedical.co.uk

Book Now
FREC 4

