

FREC 3 Requalification

First Response Emergency Care Level 3 (RQF) Requal.

Qualsafe Registered Provider

Duration: 3 Days

ELCAS Approved

Group bookings available



Prometheus is a Qualsafe Awards registered provider of First Response Emergency Care Level 3 RQF Requalification.

The three-day QA Level 3 Certificate in First Response Emergency Care (RQF) re-qualification course is perfect for those who have already completed the full FREC 3 or an FPOSi qualification and are due to requalify.

How long is the FREC 3 Requalification valid for?

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.

Professional Pathways

FREC 3 is the entry-level stage of the First Responder Emergency Care (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 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.



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

Contact Us:

T. +44 (0)1568 613942

E. training.coordinator@safeguardmedical.com

www.prometheusmedical.co.uk

Book Now

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FREC 3 Requalification 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](#).

Course Overview & Learning Outcomes

The syllabus includes:

- Patient assessment
- Trauma management
- Manage catastrophic bleeding
- Assess and manage patient's airway
- Administer emergency oxygen
- Manage a patient with head and spinal injuries
- Manage a patient with injuries to bones, muscles and joints
- Adult Basic Life Support and AED training
- Environmental emergencies
- Minor illness and injury
- Medical emergencies
- Triage
- Casualty evacuation
- Scenario-based practical skills training 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.



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