

# First Responder Emergency Care (FREC) 3

Rating ★★★★★

FREC Level 3 provides the emergency responder with an enhanced level of medical capability to deal with a casualty in a trauma or medical emergency.

The course focuses on the provision of effective trauma medical management in all environments and industries. Training is ideal for those working in VIP protection, close protection, private security and specialist agencies (e.g. Diplomatic Protection) and provides the Level 3 Certificate in First Response Emergency Care for the Security Industry Authority (SIA) Licence.

## Course content

FREC Level 3 aims to equip students with the essential medical skills, so that they are capable of delivering lifesaving immediate medical care. As with all Prometheus courses, the emphasis is on short lectures, high instructor to student ratios, supervised practical skill sessions, and scenario based moulages.

This course covers all of the competencies required for certification as well as training in tactical medical support, ballistic & blast injury and a systematic approach to the management of trauma.

“Probably the best course I have attended in 21 years’ service. Fantastic, current and enthusiastic instructors who really know their stuff and how to impart that to others.”

Student Testimonial



PROMETHEUS  
MEDICAL

## The syllabus includes:

- Basic medical planning
- Incident assessment
- 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
- Introduction to multiple casualty management and triage
- Casualty evacuation
- Scenario-based practical skills training interventions

**Duration:** 5 days

**Entry Criteria:** No prior qualifications required (basic medical training would be an advantage)

**Certification:** Qualsafe Awards (QA) Level 3 Certificate in First Response Emergency Care (RFQ)