GIBB GROUP
MEDICAL & RESCUE

Service Description

FREC Level 3 Course

The Level 3 Certificate in First Response Emergency Care (FREC) is a regulated and nationally recognised qualification tailored for individuals aspiring to careers in the emergency services, ambulance service, event and security medical sector, or high-risk workplaces.

FREC Level 3 can be followed by FREC Level 4, FREC Level 5, and FREC Level 6, provided that the entry requirements are met.

This progressive suite of pre-hospital care qualifications is part of a Health & Care Professionals' approved programme that enables a learner to become a Paramedic.

The FREC suite of qualifications has been developed by the Awarding Body Qualsafe and clinically endorsed by the Royal College of Surgeons Edinburgh's Faculty of Pre-Hospital Care. Gibb Medical & Rescue is an approved Qualsafe Centre that provides the FREC Level 3 qualification.

AIM OF THIS COURSE

The objective of FREC Level 3 is to benefit learners by equipping them with the knowledge and practical competencies necessary to manage a diverse range of prehospital emergency situations.

The qualification prepares learners to demonstrate the practical administration of safe, prompt, and effective prehospital care in scenarios that may arise during emergency treatment and management.

TARGET AUDIENCE FOR FREC LEVEL 3

This qualification is specifically designed for people who hold specific responsibilities in the workplace, voluntary, or community settings, where they provide prehospital care to patients requiring emergency treatment or management.

FREC 3 provides a robust foundation, enabling learners to effectively handle a wide spectrum of medical and trauma situations within the prehospital environment. It is suitable for but not limited to the following roles:

- Event first aiders
- Fire fighters
- Police fire arms and medics
- Close protection operative: this qualification is recognised by the Security Industries Authority (SIA)

Course summary:

- Duration: 5 Days
- Maximum Participants: 6 per instructor
- Course Prerequisites: None
- Certificate valid for: 3 years
- Flexible Choice of Venues: Client Site or Gibb Training Centre

Course includes:

- Hands-on, practical training
- Delivery by certified healthcare professionals, who work at the forefront of pre-hospital care
- Life-like experiences using realistic manikins

+44 (0) 1925 551 784
emsinfo@gibbgroup.global

gibbmedicalrescue.com

- Expedition Leaders UK and overseas
- Journalists working overseas
- Researchers working overseas
- Film Crews working in remote areas
- Aid workers in hostile or disaster-prone countries
- Community Responders in the UK
- High-risk work environments in the UK and overseas
- Offshore workers.

TIME REQUIRED TO COMPLETE THE COURSE

The FREC Level 3 qualification comprises three mandatory units, with a total qualification time of 150 hours.

Learners must successfully complete all assessments and skills tests within the registration period to achieve the qualification. The minimum time to complete this qualification is three weeks, and the maximum is 20 weeks.

Each credit is equivalent to 10 hours of learning time. Learning time consists of guided learning hours (GLH) and self-directed study. GLH are a measure of the direct guidance, from a trainer, that a typical learner will require to complete their programme of learning successfully.

For this qualification, this should be a minimum of 35 hours over five days (excluding breaks). Sessions should be a minimum of two hours. Learners should be encouraged to do a minimum of 118 hours of self-directed study, which should include additional reading and applied practice.

We can offer assistance to learners who may not have the opportunity to put skills into practice as a first responder during their qualification, including:

- Reflective writing after reading books, journals on an area of interest linked to prehospital care
- Setting up protocols for the use of AEDs in the work place
- Formation of a disaster plan for their organisation, if involved in a natural disaster
- Setting up a training programme for Community Based Disaster Risk Reduction for the local population.

COURSE SYLLABUS INCLUDES

- Practical assessments/skills tests – Observed by the trainer throughout the course, with the results of each learning outcome recorded on the practical assessment paperwork. There are 14 practical assessments/skills tests for this qualification:
    - Adult CPR and AED
    - Airway management
    - Assessment and treatment of trauma (bleeding)
    - Burn severity
    - Child cardiopulmonary resuscitation
    - Choking patient
    - Circulatory system
    - Infant cardiopulmonary resuscitation
    - Management of fractures
    - Medical emergencies
    - Patient report form
    - Respiratory system
    - Secondary survey
    - Unconscious patient
- Formative assessments – A range of informal assessment procedures employed by the trainer/assessor during the learning process to measure each learner's knowledge, skills and understanding related to the assessment criteria

- Theory assessment/multiple choice question papers – There is 1 paper per unit for each learner. Learners should answer all the questions under 'examination' conditions :-
    - Maximum time for Unit 1 is 30 minutes, for Unit 2 it is 45 minutes and for Unit 3 it is 45 minutes
    - For an overall 'Pass', the minimum mark for Unit 1 is 14 out of 20, for Unit 21 out of 30, and for Unit 3 21 out of 30
    - Even when a learner achieves this minimum, trainers will make a professional judgement as to whether that learner has achieved all the assessment criteria.

FREC LEVEL 3 CERTIFICATES

The FREC Level 3 course is equivalent to PHEM (Pre-Hospital Emergency Medicine) Level D, as defined by the Faculty of Pre-Hospital Care for providers. Upon successful completion of the course, students are awarded a FREC Level 3 certificate.

FREC Level 3 Certificate Holders are certified to deliver FREC skills for a period of three years.

After three years, the qualification can be revalidated by attending a three-day requalification course.

WHY CHOOSE GIBB MEDICAL & RESCUE FOR YOUR FREC LEVEL 3 TRAINING ?

We can offer an exclusive Hybrid Learning approach, which lets you complete :

- **2 online training days (one week apart)**
- **3 face-to-face days of expert tuition (the following week)**

This flexible approach is split over 3 successive weeks, and allows the face-face sessions to be entirely focused upon practical activities.