



FIRST RESPONSE EMERGENCY CARE, LEVEL 4 (FREC 4)

Goal:

Equip participants with the skills and knowledge to manage a variety of emergency and urgent care scenarios, enhancing employability and operational readiness in prehospital environments.

Target group:

Professionals with responsibilities in prehospital care, including emergency care assistants, intermediate ambulance practitioners, and those pursuing advanced medical roles in emergency services.

Highlights:

- Recognised qualification supporting progression in NHS, private ambulance services, and specialist emergency roles.
- Covers advanced prehospital care techniques, including ECG monitoring, trauma care, and paediatric emergency care.
- Combines theoretical and practical training aligned with Faculty of Pre-Hospital Care guidelines.

Description

Advance your prehospital care skills with the Level 4 Certificate in First Response Emergency Care. This qualification builds on Level 3 FREC, enhancing knowledge and competencies to manage a range of emergency and urgent care situations, and supports career progression within emergency medical services.

Qualsafe Level 4 Certificate in First Response Emergency Care (RQF) is a comprehensive qualification designed to provide learners with intermediate-level prehospital care knowledge and practical skills. Accredited by Qualsafe Awards and recognised by the UK's emergency services, this course prepares participants to manage complex emergency scenarios, from trauma care to advanced patient assessments.

This certification meets the Faculty of Pre-Hospital Care's (RCS Ed) guidelines and aligns with the Skills for Health Assessment Principles. Learners will explore critical care techniques, including ECG monitoring, trauma management, paediatric emergencies, and assisting with clinical procedures. Successful completion enables progression within the NHS, private ambulance services, and specialist roles in the military, police, and fire services.

Compliance:

Accredited by Qualsafe Awards and aligned with the Faculty of Pre-Hospital Care (RCS Ed) and Skills for Health Assessment Principles.

Previous knowledge:

Participants must hold a Qualsafe Level 3 Certificate in First Response Emergency Care (or equivalent) and evidence of 118 hours of contextualised practice or study. To benefit from the learning we advise that Learners have a minimum of Level 2 in literacy or equivalent

Requirements:

- Learners must be at least 18 years old.
- Valid Level 3 FREC certificate or equivalent.
- CPD profile detailing 118 hours of study or contextualised practice.

Progression:

Progress to higher-level qualifications, including the Qualsafe Level 5 Diploma in First Response Emergency and Urgent Care (RQF), or roles such as paramedic or associate ambulance practitioner.

Theoretical elements:

Qualsafe First



Response Emergency Care, L4 (FREC4)

Course length



40 hours (5 days)

Instructor



1:6

Period of validity



CPD Required

Certification



Qualsafe Level 4 Certificate in First Response Emergency Care (RQF).

Venue

Training is delivered at Outreach Rescue's dedicated training facilities – near Bangor, North Wales and Raglan, South Wales. Alternative approved venues with appropriate facilities can also be considered.



Medic Skills



180 hours total (40 guided learning hours minimum, 141 additional study hours).

- Patient assessment using the ABCDE approach.
- Understanding cardiac conduction, ECG monitoring, and heart pathologies.
- Paediatric assessment triangle and safeguarding children.
- Recognising and managing sepsis and respiratory conditions.

Practical elements:

- Application of 3- and 12-lead ECGs.
- Advanced airway management, including supraglottic devices.
- Administering medical gases such as oxygen and nitrous oxide mixtures.
- Immobilisation of limb and spinal injuries using appropriate equipment.