

# FREC 3

## First Response Emergency Care Level 3

Qualsafe Accredited

Duration: 5-Days

Group bookings available

Validity: 3 Years



### What is First Response Emergency Care (FREC) Level 3?

Develop the foundational emergency response skills needed to handle trauma and medical emergencies with the Qualsafe First Response Emergency Care Level 3 (FREC 3) Course. This regulated qualification is designed to equip learners with essential, life-saving pre-hospital skills, offering a solid foundation for those working in emergency response, event medical support, and workplace first aid roles across the UK.

The FREC 3 course is delivered with an emphasis on practical skills and scenario-based learning, making it immediately relevant and valuable for those in workplace first aid, event medical response, or the early stages of a career in emergency care.

### What does FREC 3 Cover?

Throughout this 5-day comprehensive course, participants will gain essential emergency medical skills. By the end of FREC 3, you will be able to:

- **Assess and manage a range of trauma and medical emergencies** using a structured and prioritised approach, essential for stabilising casualties before the arrival of advanced medical support.
- **Control catastrophic bleeding** through the effective use of tourniquets, haemostatic agents, and wound packing techniques.
- **Provide airway management**, including basic airway positioning and the use of oropharyngeal and nasopharyngeal airways.
- **Conduct CPR and use an Automated External Defibrillator (AED)** to manage cardiac arrest and other life-threatening situations.
- **Administer oxygen therapy safely and effectively**, understanding when and how to use oxygen in emergency care.
- **Treat common medical emergencies** such as shock, anaphylaxis, asthma attacks, diabetes, and seizures, providing prompt and effective intervention.
- **Respond to environmental emergencies**, including hypothermia and heat exhaustion, with knowledge on how to manage these conditions in diverse environments.
- **Prepare patients for safe transfer**, maintaining their condition and comfort while awaiting further medical assistance or transport.

### Contact Us:

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### Immersive

We put great emphasis on the "hands-on" aspects of course creating true-to-life medical simulations

### Expert

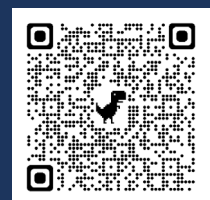
All our instructors are practising medics with the most up-to-date medical knowledge

### 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 hyper-realistic manikins



**PROMETHEUS  
MEDICAL**  
INTERNATIONAL

# First Response Emergency Care Level 3 (FREC 3) Continued

## Who Should Attend?

Ideal for individuals who need advanced first aid or emergency response skills:

- Security personnel and event medical staff
- Police community support officers (PCSOs)
- Fire and rescue services personnel
- Private ambulance staff and non-healthcare professionals entering emergency response roles
- Workplace first aiders who require a higher level of training
- Those beginning a career pathway into pre-hospital emergency medicine

## How Long is FREC 3 Valid for?

The Quallsafe FREC 3 certificate is valid for 3 years with refresher on Basic Life Support (BLS) and AED training required every year. After 3-years this qualification is subject to a FREC 3 Re-qualification certificate (3-Day course).

## What You Will Gain

- A regulated Level 3 qualification in First Response Emergency Care, meeting UK standards and recognised nationwide
- Practical, life-saving skills applicable in a range of emergency settings
- Confidence to handle trauma and medical emergencies effectively
- A solid foundation for progressing to advanced emergency care qualifications, such as FREC 4 and beyond
- Essential knowledge that enhances both professional skill sets and personal preparedness

## Why Choose Prometheus Medical International?

Prometheus Medical is a recognised leader in emergency medical training, trusted by healthcare providers, emergency services, and private sector organisations. Our instructors bring real-world experience from frontline trauma and emergency response, offering practical, hands-on training that ensures participants leave with the skills and confidence to act effectively in medical emergencies. Whether you're starting a career in pre-hospital care or advancing your first aid capabilities, the course offers the practical skills needed to make a life-saving difference.

## Testimonial

"It was apparent how enthusiastic our instructor was about quality current medicine. He knew and teaches so much more than what you're paying for, in the most understandable & compelling way."

Hospital Care Assistant

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