

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.



Immersive

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

Expert

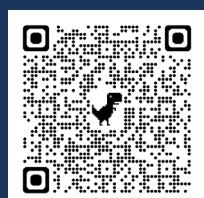
All our instructors are practising medics with the most up-to-date medical knowledge

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**

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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 Qualsafe 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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