

Outdoor First Aid Course

This course focuses on wilderness and remote First Aid. The course content satisfies various National Governing Body Awards including NGB, SPA, BCU and RYA. This course is also suitable for Duke of Edinburgh Coordinators, MIDAS minibus drivers and volunteer youth workers.



•First Aid & Care Training
•Event Medical Cover
•Equipment Sales
08456 344 599

Who should attend?

Anyone wishing to gain the knowledge and skills necessary to deal with any potential Wilderness First Aid emergency.

Learning Outcome

The skills and knowledge needed to safely and effectively deal with many common Wilderness First Aid accidents and emergencies.

Course Content

Delegates will receive training in the following range of First Aid topics

- First aid priorities
- Incident management including multi casualty situations
- Resuscitation including babies and children
- Airway disorders including choking, asthma, drowning and anaphylaxis
- Control of bleeding and treatment of shock
- Minor wound care including care of blisters and grazes
- Burns and scalds
- Poisoning
- Fractures, muscle and joint injuries including the care of spinal injuries
- Diabetes and epilepsy
- Extremes of temperature
- Contents of an outdoor First Aid Kit
- Casualty care and transportation

Course Duration

The course is 2 days (16 hours) in duration.

Assessment & Certification

Assessment is carried out by the trainer on the afternoon of the second day.

On successful completion of the course delegates will receive an Outdoor First Aid certificate which is valid for three years.

www.NorthWestFirstAid.co.uk

www.Medics4u.org

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