

# Outdoor / Remote First Aid Course (2 days)

This 2 day course is suitable for those who work in the outdoor industry or for people who regularly visit remote locations and may have to deal with first aid incidents when at a distance from emergency services. The course is provided through practical training and hands on scenarios.

## Course Content:

### DAY 1

- Introduction to Course and Principles of First Aid
- Vital Signs
- Accident Procedure
- Casualty Monitoring
- Safe Airway Procedures
- Incident Management Scenario – Safe Airway Position
- CPR
- Choking
- Bleeding and Shock
- Incident Management Scenario – Injured and Bleeding
- Minor Injuries
- Summary & Plan for the next day
- CPR Test

### DAY 2

- Day 1 Review
- Soft Tissue, Bone and Joint Injuries to the Limbs
- Incident Management Scenario – Unconscious with Damaged Limb (splinting)
- Head Injuries including Eyes
- Neck and Spinal Injuries and Casualty Handling (Team Log Roll)
- Outdoor Scenario
- Common Illnesses (asthma, diabetes, epilepsy, heat illness)
- Bites, Stings and Anaphylaxis
- Outdoor Scenario – Snake Bite
- Outdoor Scenario – team incidents and triage and stretcher carrying
- Written Test
- Summary including Post Traumatic Stress

**What to expect and what to bring:**

All Fieldskills courses involve some practical elements. In the case of first aid this may be just some bending and lifting inside the classroom, in other courses this may involve working outside in rough or even remote terrain. Clients are reminded of the importance of operating within their abilities and informing Fieldskills of any medical or other issues which may affect their active participation.

This course is a combination of teaching and hands on practical sessions. Any clients who are unable to take part in activities such as kneeling, being rolled over as a simulated casualty or simulated CPR on manikins should let us know.

For the purpose of certification please bring a form of identification, for example, an I.C. card.

**Contact us:**

If you would like any further information, please contact us on 088 484 734 or email us at [info@fieldskills.com](mailto:info@fieldskills.com)