

13th & 14th December 2010

Emergency First Aid / Outdoor First Aid

Thank you for choosing to complete your First Aid Course with **Fieldskills Ltd.**

We intend the following document to contain all the information you need before the course. Having said that if we have omitted any detail or you require further assistance, then please give us a call on **0845 293 7296** or email admin@fieldskills.com. Should you need to contact our trainer on the day for any reason, please contact Dominic on 07759833849.

If you are booked on to the one day Emergency First Aid Course please ignore the Day 2 information below – this is only for people completing both days of the Outdoor Incident Management First Aid course.

It is important you have a read through this information to ensure you know what to expect and have appropriate clothing etc on the day.

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.

Clients should also understand that all outdoor activities are potentially hazardous and that they are obligated to agree to abide by safe practice as instructed.

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.

CLOTHING: Please bring clothing suitable for being active and outdoors (i.e. warm & waterproof)

ID: For the purpose of certification please bring a form of ID such as passport, driving licence etc.

Note that the first aid is certified by ITC (HSE Approval Number 1670/96).

Location

The course will be run at The Bendrigg Trust, Bendrigg Lodge, Old Hutton, Kendal, Cumbria LA8 0NR. On arrival if possible please avoid going to the main reception and go to the **Kinross Building Conference Room** at the far end of the buildings.

Getting there by train

The Bendrigg Trust is only four miles from Oxenholme Station on the main London – Glasgow west coast line.

Getting there by car

From the M6: Junction 37 of the M6 Motorway gives the easiest access. Follow signs for Bendrigg from the first turning south on the A684, half a mile east of Junction 37. This route goes alongside Killington reservoir.

From Kendal: Follow the Oxenholme - Old Hutton road. After passing the three distinct parts of the Old Hutton village the road to Bendrigg Lodge is signposted on the left.

Google Map Link: <http://maps.google.co.uk/maps?q=bendrigg+trust&sl=54.272461,-2.635749&sspn=0.290039,0.623937&hl=en&ie=UTF8&near=&f=|>

Course content and timetable

The course will run from **09.00 to 18.00** each day

DAY 1	Approx Time
Intro	09.00 - 09.30
Vital Signs	09.30 - 10.00
Accident Procedure - ABCDE, Unresponsive Casualties	10.00 - 11.00
Break	11.00 - 11.15
Safe Airway Positions with practical scenarios	11.15 - 12.00
Blood Loss	12.00 - 13.30
Lunch	13.30 - 14.15
Resuscitation and choking	14.15 - 15.45
Break	15.45 - 16.00
Conscious Casualties	16.00 - 16.45
Scenarios	16.45 - 17.45
Summary and plan for tomorrow	17.45 - 18.00
DAY 2	
Limb Injury (arms, soft tissue, leg)	09.00 - 10.20
Break	10.20 - 10.40
Head Injury (brain, stroke, eye)	10.40 - 11.20
Neck (2 person roll, jaw thrust)	11.20 - 12.30
Outdoor scenarios 1	12.30 - 13.30
Lunch	13.30 - 14.30
Common Medical Conditions, hyper and hypothermia	14.30 - 15.00
Torso (chest, belly, groin, thigh)	15.00 - 15.30
Casualty handling - team log roll	15.30 - 16.00
Outdoor scenarios - team incidents and triage	16.00 - 17.45
Summary and depart	17.45 - 18.00

Terms and Conditions

Payment of the full course fee is required to secure the booking.

In case of client cancellation:

- More than one month prior to the course Fieldskills is able to provide a 50% refund.
- Less than a month before no refund is possible.

Food

The cost of the course includes a simple lunch on both days

Kind Regards

The Fieldskills Team

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Email: admin@fieldskills.com