

**23<sup>rd</sup> & 24<sup>th</sup> September 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](mailto: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**

#### **By Train**

The nearest railway station is Didcot Parkway which is accessible on the mainline from London. It is easiest to pick up a taxi from there which is inexpensive, especially if you club together with others arriving by train.

#### **By Car**

The venue is about 10 miles South East of Oxford. There is a map available on the Northmoor Trust website: [http://www.northmoortrust.co.uk/home/contact/map\\_page](http://www.northmoortrust.co.uk/home/contact/map_page) or alternatively the address is The Northmoor Trust, Hill Farm, Little Wittenham, OXON, OX14 4QZ

When you get nearby it is easiest to follow the brown tourist signs to **Project Timescape** which is at the Northmoor Trust.

On arrival turn into the main grassed car park and walk up the steps. We will be in the building next to the Project Timescape exhibition signed Northmoor Trust offices.

## Course content and timetable

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

<b>DAY 1</b>	<b>Approx Time</b>
Intro	09.00 - 09.30
Vital Signs	09.30 - 10.00
Accident Procedure - ABCDE, Unresponsive Casualties	10.00 - 11.00
<b>Break</b>	11.00 - 11.15
Safe Airway Positions with practical scenarios	11.15 - 12.00
Blood Loss	12.00 - 13.30
<b>Lunch</b>	13.30 - 14.15
Resuscitation and choking	14.15 - 15.45
<b>Break</b>	15.45 - 16.00
Conscious Casualties	16.00 - 16.45
Scenarios	16.45 - 17.45
Summary and plan for tomorrow	17.45 - 18.00
<b>DAY 2</b>	
Limb Injury (arms, soft tissue, leg)	09.00 - 10.20
<b>Break</b>	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
<b>Lunch</b>	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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