



# Advanced Outdoor Emergency First Aid

HSE no. 1670/96

## Advanced Outdoor Emergency First Aid – 20hrs

The Outdoor Emergency Advanced course is intensive training for the experienced first aider wanting greater knowledge, understanding and skills. It is a 20 hr course run over two intensive days. It is ideal for outdoor instructors who have regularly completed outdoor first aid courses throughout their career and want something a bit more challenging to revalidate with.

The Outdoor Emergency Incident Management (16hr) course is the minimum entry-level prerequisite for this course.

Still working within the normal time, skill and equipment limitations faced by a first aider this course focuses on becoming advanced at the essential basics, rather than basic at advanced skills. Rather than learning to use medical equipment that you are unlikely to carry we only use equipment that you are likely to have with you and build on the skills and knowledge of previous courses.

Before you start this course we expect you to be familiar with the ABCDE accident procedure and have a knowledge of basic techniques for dealing with collapse, bleeding, shock and damage. On previous courses you will have learnt reactive first aid, on the advanced course you will learn to make proactive decisions as well.

Participants may be asked to attend a ½ day refresher, at no extra cost, depending on who issued their last first aid certificate and how long ago that was.

### Pre-requisites

It is assumed that, not only have students attended Outdoor First Aid courses in the past but also that they have maintained these skills and enter the course with a high level of proficiency in core knowledge and treatments. This allows the course to progress smoothly to an in depth level of training.

The following is a guide to the knowledge and skills that we expect attendees to have:

- Vital Signs – what they are, how to assess them and how to recognise normal and abnormal
- Accident Procedure – ABCDE or DRABC and an understanding of how this is applied to any and every situation
- Key Life Saving treatments for collapse, airway obstruction, non-breathing casualties, bleeding, shock and soft tissue injuries

### The training package

- 20 hours over two days
- Interactive, practical and systematic training to provide essential knowledge, develop relevant understanding and make you skilful at techniques
- Multiple casualty incidents and outdoor scenarios to extend incident management training skills
- One CPR training manikin per 2 participants
- Intensive, challenging, fun
- A recognised certificate valid for 3 years which fulfils the needs of all NGB Outdoor Instructor awards

### Content Summary

- **Skills assessment** - avalanche scenario
- **Advanced incident management** – a systematic approach to managing first aid incidents
- **Triage and Vital Signs** – tri-modal death distribution & proactive casualty monitoring
- **Managing Collapse**
- **Breathing Problems** - choking
- **Cardiopulmonary Resuscitation (CPR)** - Cardiac arrest adult, child & drowning using multiple rescuers
- **Circulation Problems** – Internal bleeding, external bleeding and treatment for shock
- **Categories of shock**



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- **Damage** – detailed treatment of injury: head, spine, chest, abdomen, pelvis, leg & arm, including remote improvised techniques including traction splints
- **Environmental Considerations** – hypothermia, hyperthermia and cold injuries
- **Common Illnesses** – asthma, diabetes and epilepsy
- **Non pharmacological pain management**
- **Awareness of current regulations**
- **First aid kits**

## Detailed Syllabus

### Initial skills assessment scenario

- Avalanche scenario discussion

### Proactive casualty monitoring skills

- Proactive treatment based on vital sign assessment
- Use of sphygmomanometer and stethoscope to measure BP. Blood pressure is such a powerful indicator as to the state of the casualty that this is a skill every advanced first aider should have
- Identifying breathing anomalies
- Identifying early changes leading to hypovolemic shock
- Identifying other types of shock

### Managing collapse

- Safe airway positions
- Discussion of other available tools and their use and limitations

### Cardiopulmonary Resuscitation

- Skills update
- Discussion of outdoor specific considerations in the Chain of Survival

### Major Bleeding

- Percentage blood loss estimates based on vital signs

### Bone Injuries

- Realignment
- Traction
- Splinting
- Recognition of compartment syndrome

### Dislocations

- When, how and what to reduce.
- When not to attempt reduction

### Pain Management

- Types of pain
- Evaluation of pain
- Control of pain, including non pharmacological techniques

### Head Injuries

- Neurological examinations of a conscious casualty



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## Advanced Spinal Management

- Immobilisation and the use of neck collars
- Movement of a conscious casualty with suspected C spine
- Evaluation of Nexus C Spine clearance
- Adjusted airway management for suspected spinal
- Understanding the priority of rescue over medical considerations

## Casualty Evacuation Planning

- Reassessment of initial avalanche scenario based on newly acquired skills and knowledge

## First Aid Kits

- Advice for different situations

## Cost

- Individuals - £180
- Groups up to 12 - £990
- Groups up to 24 - £1740

## Recognition

React First is a centre approved by the QCA awarding body [ITC First Aid Ltd](#) and also the HSE Approved organisation [Immediate Temporary Care](#). This course is certificated through Immediate Temporary Care which carries the HSE Approval number (1670/96)

## Why Use React First?

### Nationally Recognised Qualifications

React First is one of the only training providers in the UK able to deliver Health and Safety Executive (HSE) First Aid at Work and also Qualifications and Curriculum Authority (QCA) approved Outdoor Emergency First Aid courses, using ITC First Aid (ITC) certification.

### Outstanding Trainers and Training Techniques

All React First instructors use ITC training methods to deliver innovative training courses suitable for all sectors and with specialisation for those who need training for unusual environments.

Our ITC trained instructors undergo a rigorous training programme, preparing them to deliver innovative, interactive, enjoyable, purposeful and practical training using modern methods and resources. Trainers are monitored and supervised by the ITC national registration scheme. They undergo continuing professional development and are aware of current best practice throughout the world as well as following UK and European guidelines. For specialist environment training they attend further training courses under the guidance of the Training Director. Continual research into new developments and training techniques ensures a progressive training programme.

In addition to being professional first aid instructors all of our trainers have travelled worldwide, frequently in remote and dangerous regions and we are acutely aware of the measures needed to stay safe.

### Specific Trainers assigned to Individual Clients

Where ever possible we like to ensure that if you've been happy with a trainer in the past then all your future training is by the same person. By understanding your workplace environment we make sure that all courses are tailored to suit your needs.