



Outdoor First Aid (16 hours)

Outdoor Pursuits 16 Hour First Aid to meet the requirements laid down by National Governing Body awards, it covers primary and secondary care and adapted to the outdoor environment where the emergency services may be harder to access.

Our course is very practical, and scenario based using the instructors 25 years' experience of instructing in the outdoors, mountain rescue, prehospital emergency care and trekking to make the course memorable and relevant. The training can be tailored to suit different adventure sports particularly for clubs whether climbing, walking or mountain biking.

Our Buckinghamshire venue hosts camping with local amenities close by.

The syllabus includes:

- Role of the First Aider
- First Aid Equipment
- Adult Basic Life Support and AED training
- Scene Safety
- Trauma management
- Manage catastrophic bleeding
- Environmental emergencies
- Minor illness and injury
- Medical emergencies
- Introduction to multiple casualty management & triage
- Casualty evacuation
- Scenario-based practical skills training interventions

Duration: 2 days.

Entry Criteria: No prior qualifications required.

Certification: Outdoor First Aid 16 hours. Valid for 3 years.

