

Outdoor first-aid

Leading groups of people in remote areas, or participating in any outdoor activities can bring with it unknown hazards. Common injuries sustained in the outdoors range from simple cuts and grazes to broken limbs, head and back injuries and hypothermia. Being prepared to deal with any emergency should always form part of your emergency plan and you should be prepared to deal effectively with first-aid related incidents when working in this environment.

Delays in emergency service attendance times, lack of effective communication and difficulty in evacuation of casualties all present additional problems for the first-aider when working in the outdoors. The focus of the Sumners First-aid Training / WorkSafe First-aid for Outdoor Activities programme is to address these issues. Students receive training to provide first-aid for longer periods than would be expected in more urban environments.

This course covers the essentials required to provide emergency care to a patient where emergency services may be remote or delayed from the incident location.

Candidates will receive training in a range of first-aid skills including:

- **Assess and prioritise a first-aid incident in remote areas, including multiple casualties scenarios**
- **Deal with an unconscious casualty**
- **Perform basic life support**
- **Control bleeding and manage shock**
- **Monitor and record casualties condition**
- **Recognise and manage hypothermia and other cold related injuries**
- **Casualty handover to professional persons/services**
- **Maintain first-aid kits both for base & off site use**

Candidates who successfully complete the course will be awarded an A4 certificate and plastic qualification 'wallet' card. The qualification is valid for 3 years and additionally meets with the requirements of the HSE for 'Appointed Persons in the Workplace'.

Course Duration: 16 hours