



Course Organised By:
First Aid Training Co-operative

Course Length:
16 Hours

Course Start Date:
23-Feb-2023

Venue:
EICA:Ratho

This certificate indicates that
Catriona Jane O'Rourke

Has completed a course in:
Outdoor First Aid 2 Days

Includes the syllabus of an Emergency First Aid at Work Course
Certificate valid for 3 years from course start date

Certification Approval:

Cory Jones, Director

This course was delivered in accordance with currently accepted first aid best practice, and satisfies the requirements of the Health and Safety (First-Aid) Regulations 1981



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Web: www.firstaidtrainingcooperative.co.uk
Email: courses@firstaidtrainingcooperative.co.uk
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Course Content:

- Contents of a first aid kit
- Accident reporting
- Vital signs – breathing, level of consciousness, temperature, colour
- Incident management – a systematic approach to managing first aid incidents. ABCDE
- Casualty Monitoring and casualty protection
- Airway Management – causes and treatment of unconscious collapse.
- Recovery Positions and other Safe Airway Positions
- Breathing Problems - cardiac arrest CPR (Cardiopulmonary Resuscitation) inc AED / defibrillator use, drowning/child CPR
- Heart attack, Angina
- Choking (adult and child)
- Circulation Problems – Internal bleeding, external bleeding and treatment for bleeding and shock
- Crush Injury and catastrophic blood loss if appropriate to the group (chain saw injury)
- Bandaging issues
- Damage – Recognition & treatment of injury: chest, abdomen, pelvis, leg & arm, including remote improvised techniques
- Recognition & treatment of soft tissue injuries
- Recognition & treatment of head and spinal injuries, inc. helmet removal techniques and spinal management
- Environmental Considerations – Hypothermia, Hyperthermia and cold injuries
- Common Illnesses / Medical Emergencies – Asthma, Diabetes and Epilepsy
- Environmental Illnesses – Weil's disease, Lyme disease, Tick-borne Encephalitis
- Animal bites and stings
- Awareness of current regulations
- Making emergency calls in different outdoor situations - phone / radio / other methods
- Triage
- Outdoor Incident Scenarios



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