



Hawk

ADVENTURES

Garreg Wen, Golden Grove,
Llanarthney, Carmarthenshire,
SA32 8JR

Tel: 01558 668878
Mob: 07836 748752

info@hawkadventures.co.uk
www.hawkadventures.co.uk

Practical First Aid Training

Two Day Course

The content is in-line with the HSE recommended content for this type of First Aid course. Whilst not covering all aspects of First Aid that can be found on 3 and 4 day courses, content has been selected based on that most likely to be required in workplace and outdoor environments. This course is ideal for Outdoor Instructors and those who want a sound practical knowledge of First Aid.

What you will learn?

Basic life saving First Aid, and outdoor approaches to illnesses and injuries. These courses are aimed predominantly at those may have to provide First Aid in remote areas, or where Emergency Services cannot access easily. However, many of those who attend do so because they want to learn practical skills that will be of use anytime, anywhere. This course also more than fulfils workplace considerations for health and safety regulations

Course Content - Two Day Practical First Aid Course

This two day First Aid course is designed to meet the standards required by the First Aid regulations 1981 and complies with the recommendations made by HSE in October 2013 for a course of this type.

- Roles and responsibilities of a first Aider
- The order of prioritisation in first Aid
- What to do in an emergency
- Principles of First Aid
- Personal Safety
- Managing an incident
- Primary Assessment – DR ABC
- The Unconscious Casualty – Recovery Position
- Secondary Survey – Head to Toe & Symptoms/Signs
- Resuscitation – CPR and life support
- Wounds, Blood Loss, Shock
- Control of Bleeding, Dressings & Bandaging
- Contents of a first Aid box and avoiding cross-infection
- Burns & Scalds

- Priorities of Care
- Choking
- Eye Injury
- Fractures & Dislocations
- Head Injury
- Spinal Injury
- Major Illnesses – Angina, Heart Attack, Cardiac Arrest, Asthma, Stroke
- Hypothermia
- Accident books / RIDDOR
- Health and safety (First Aid) regulations

Course Approach

This is a hands-on, scenario based course for people who want to be able to offer help to those in need. It takes a pragmatic approach to dealing with First Aid and looks at what the safe and sensible approach to a situation would be. Opportunities to practice through the use of scenarios will be provided throughout the course.

Course Materials

You will be provided with the most up to date version of the 'First Aid Manual' by British Red Cross and St John Ambulance at the start of the course, along with relevant handouts and guides throughout delivery.

Assessment

This Two day First Aid course will be assessed continually throughout by the Course Instructors.

Cost

£150 per person. This includes certification and a manual for each student.

Trainers, Validity and Certification

Our courses are run by experienced and highly qualified outdoor professionals with backgrounds in Cave and Mountain Rescue. They are British Red Cross Trainer/Assessors and Advanced First Aid Trainers with years of practical First Aid provision and experience behind them.

Certification is dependent on successful continuous assessment of the student, there is no formal final examination. Those students who complete the course and are deemed to have reached the required standard are issued with a certificate that is valid for a period of three years.

Emergency First Aid Course

Training Schedule

Day One

9.00	Welcome and Introductions
9.10	Principles of First Aid
	Roles and Responsibilities
	Personal Safety
	Primary Assessment – DR ABC
	The Unconscious Casualty – Recovery Position
10.30	Break
10.45	Secondary Survey – Head to Toe & Symptoms/Signs
	DR ABC & Rescue Breathing
	DR ABC and CPR
12.30	Lunch
1.15	Rescue Breathing & CPR – further practice
	Wounds, Blood Loss, Shock
	Control of Bleeding, Dressings & Bandaging
2.45	Break
3.00	First Aid Kits – HSE & Covers
	Reporting
	Burns & Scalds
	Heat Stroke and Heat Exhaustion
	Soft Tissue Injury – Sprains and Strains
5.00	Close

Day Two

9.00	Questions from Day One
	Refresher of Rescue Breathing and CPR
	Priorities of Care
	Choking
	Eye Injury
10.30	Break
10.45	Fractures & Dislocations
	Further Bandaging
	Head Injury
	Spinal Injury
12.30	Lunch
1.15	Major Illnesses – Angina, Heart Attack, Cardiac Arrest, Asthma, Stroke
	Hypothermia
2.45	Break
3.00	Transporting the Casualty
	Practice Scenarios
	Feedback to Participants and Course Evaluation
5.00	Close