

Working Safely Outdoors?

The Outdoor Emergency First Aid and River Safety Course

Duration: 2 Days

Cost: £190 pp

Value: Priceless

Certificate:



Refresh: 3 Years

Assessment: Continuous by trainer

Aim: This course is for people working outdoors, near water, and sometimes in remote locations. This course teaches how to administer first aid in an emergency, how to support a 3-day First Aid at Work qualification, and how to deal with moving water in your everyday work or in an emergency.

Course Content:

Day 1: Outdoor EFA	Day 2: River Safety
The task of a First Aider	Emergency Action Planning
Managing incidents/remote care	Team Exercise
Initial assessment	Essential kit
Communication and delegation in emergencies	Cold water immersion
Unconsciousness/Recovery position	LJ v's BA's
First Aid equipment /improvised first aid	Strainers
Resuscitation/CPR	Resuscitation for drowning
Hypothermia/Hyperthermia	HELP position
Recognise and treatment of shock & bleeding	Wetsuits & Drysuits
Dealing with burns, scalds and fractures	Wet, dry and secondary drowning
Head injuries (concussion and compression)	Recovery position
Common medical conditions (asthma, choking, diabetes, etc)	Use of throw lines
Leptospirosis (Weil's disease), Blue/green algae, ticks (Lyme disease) etc	Self-rescue and pairs recovery

Proper Preparation Prevents Poor Performance:

For more information or to book: [call RT on 01579 372 142](tel:01579372142) or info@theriverstrust.org

Courses running: ... Dates tbc

Other courses available. Will present at your Rivers Trust by arrangement.

