



## **BMC Outdoor First Aid Course Shadwell, London**

**Saturday 30 & Sunday 31 October 2021**

### **COURSE INFORMATION**

#### **Course Overview**

First Aid in the Outdoors rarely occurs in helpful or accessible locations. This 2-day course is suitable for anyone who works in, or takes part in, leisure activities in remote locations. The training and scenarios involved are based on situations that arise when you are more than just a few minutes away from help and will equip you to manage first aid, potentially for up to several hours whilst waiting for a rescue team to arrive.

This is a 16 hour (2 day) certified Outdoor First Aid course. The course will start at 8.30am each day and finish by 5pm. Students would receive a First Aid certificate which is valid for three years and is recognised by all the NGB awards (including Mountain Training).

On both days, please bring suitable old clothing, which will keep you warm, dry and comfortable whilst being mock casualties in the outdoors.

#### **Location**

The course will be run from the Mulberry and Bigland Green Centre, Richard Street (off of Bigland Street), London, [E1 2JP](#)

Shadwell train station is less than 10 minutes walk away which is served by London Overground and DLR.

Car parking is available.

No overnight accommodation is provided for this course. There are hotels in the area for those who require it.

#### **Price**

£50 per person for the whole weekend

Included: instruction on both days, certification, group/first aid equipment, light refreshments

Not included: meals, personal equipment, transport

To secure your place please click to [book online](#) via the BMC website, or follow the link on the course information page – [www.thebmc.co.uk/clubsourses](http://www.thebmc.co.uk/clubsourses)

#### **Level of experience**

This course is relevant to anyone who needs to revalidate a 16-hour certificate for their NGB Awards such as the Mountain Leader or Rock Climbing Instructor but it is equally as valid to someone with no previous first aid experience or training.

## Course Outline

Although a syllabus will be followed there may be some tailoring for people's needs. The course aims to be practical, hands-on first aid, with no difficult medical jargon. We use a systematic approach to help people deal with emergencies.

This course will concentrate on most of the major life-threatening illnesses and injuries in the mountains and on Basic Life Support.

### **Principles of First Aid**

**Vital Signs:** what signs should be present in a healthy person. What are the 'warning' signs in a casualty?

### **Accident Procedure/Body Examination:**

- Approach Procedure
- DR ABCDE
- Safe Airway Position

### **Bleeding**

- External – how to control/manage bleeding
- Internal – the urgency of evacuation
- Shock

### **Breathing Difficulties and causes of Unconsciousness**

- Fainting
- Head injuries
- Choking
- Chest
- Wounds

### **Casualty Handling:**

- Lifting/moving
- Insulation – the importance of!
- Lifting for stretchers

### **Common Illnesses: medical emergencies and illnesses which could occur in the mountains.**

- Asthma
- Stroke
- Diabetes
- Angina
- Anaphylaxis
- Bites
- Poisoning

### **Common Injuries:**

- Eyes
- Burns

### **CPR and Basic Life Support**

- CPR – when to perform CPR in the mountains
- CPR Protocol
- Heart Attacks, Electric Shocks, Drownings and Children

### **Environmental Injuries:**

- Hypothermia
- Hyperthermia
- Frostbite/frostnip

### **Fractures, Dislocations and Soft Tissue Injuries:**

- Slings
- Splints
- Soft Tissue
- Improvisation
- Including Life-threatening Fractures

**Content of First Aid kits:** guidance will be given as to the sorts of items that can be useful.

**999 and Emergency Procedure in the Mountains:**