



BMC Outdoor First Aid Course

Deiniolen, North Wales

Course 1: 20-21 June 2020

Course 2: 17-18 October 2020

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) Outdoor First Aid course certified by Rescue Emergency Care. The course would start at 9 am 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 MLTB). There is an emphasis on the Outdoors and First Aid in the mountains but this course is geared more towards

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

Course Outline

We will be following the REC Level 2 syllabus (although we can tailor for people's needs). REC aims to be practical, hands-on first aid, with no difficult medical jargon. We use a systematic approach to help people deal with emergencies.

Day 1

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

Introductory Session:

- REC? What is it
- Introductions and registration

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

Breathing Difficulties and causes of Unconsciousness

- Fainting
- Head injuries
- Chest
- Wounds

- Choking

CPR and Basic Life Support

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

Bleeding

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

Casualty Handling:

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

DAY 2

Fractures, Dislocations and Soft Tissue Injuries:

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

Common Injuries:

- Eyes
- Burns

Environmental Injuries:

- Hypothermia
- Hyperthermia
- Frostbite/frostnip

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

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

Content of First Aid kits: we give guidance as to the sorts of items that can be useful.
999 and Emergency Procedure in the Mountains:

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.

Location

Run from the Gloucestershire Mountaineering Club hut 'Cefn Goch' in Deiniolen, about 3 miles from Llanberis. You will need to provide your own sleeping bag, towel, personal toiletries, food etc. as you would for any stay in a mountaineering club hut.

More information can be found at www.thegmc.org.uk/index.php/hut-home

Instructors

Your course will be provided by Helen and Steve Howe of Snowdonia First Aid. Both Helen and Steve are experienced outdoor practitioners and instructors as well as being members of the busiest mountain rescue team in the UK, Llanberis MRT. Both are Advanced First Aiders for the team and have had plenty of experience in treating and dealing with injuries on the mountains.

Steve is a Mountain Instructor and has been a First Aid trainer for over 15 years. He has worked for many years at Plas y Brenin, the National Mountain Centre for England and Wales. Steve is Director of Rescue Emergency Care in North Wales. He has mountaineered and walked all over the world.

Helen has been into the outdoors since a young age from when her family used to climb mountains in the Lake District and Scotland. At university she was Vice-President for the walking club). She has been involved in Mountain Rescue since 1991, initially joining Teesdale Search and Rescue Team as a student, then Rossendale and Pendle Mountain Rescue team on returning to her native Lancashire and SARDA England for fifteen years before moving to North Wales to Llanberis MRT and SARDA Wales. She has qualified three Mountain Rescue Search Dogs. She holds both the Summer and Winter Mountain Leader Award and is an Aspirant IML.

Price

£105 per person for the whole weekend

Included: shared self-catering accommodation (Friday & Saturday night), instruction, certification, group equipment

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

If you have any enquiries about the course content you can contact Helen on info@snowdoniafirstaid.co.uk or 07885 133758.