



Stage Three– Advanced Explorer

Day One

1	Course Introduction	09:00 hrs - 09:45 hrs
2	What is First Aid?	09:45 hrs - 09:55 hrs
3	First Aid in the Outdoors	09:55 hrs - 10:25 hrs
4	Tea Break	10:25 hrs - 10:30 hrs
5	Responsibilities of the First Aider	10:30 hrs - 11:15 hrs
6	Action in an Emergency	11:15 hrs - 11:30 hrs
7	Primary Assessment	11:30 hrs - 12:00 hrs
8	Secondary Assessment	12:00 hrs - 12:30 hrs
9	Lunch	12:30 hrs - 13:30 hrs
10	Breathing & Circulation	13:30 hrs - 13:40 hrs
11	Principals of Resuscitation	13:40 hrs - 16:10 hrs
12	Hypoxia (wilderness setting)	16:10 hrs - 16:25 hrs
13	Airway Obstruction / Airway Management	16:25 hrs - 16:40 hrs
14	Basic Anatomy	16:40 hrs - 17:00 hrs





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Day Two

1	Recap on Day 1	09:00 hrs - 09:20 hrs
2	Disorders of Circulation	09:20 hrs - 10:35 hrs
3	Break	10:35 hrs - 10:40 hrs
4	Disorders of Consciousness	10:40 hrs - 12:10 hrs
5	Lunch	12:10 hrs - 13:00 hrs
6	Wounds & Bleeding	13:00 hrs - 14:30 hrs
7	Incident Management	14:30 hrs - 15:30 hrs
8	Break	15:30 hrs - 15:35 hrs
9	Bites & Stings	15:35 hrs - 15:45 hrs
10	Expedition Hygiene	15:45 hrs - 16:30 hrs

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Day Three

1	Recap on Day 1 & 2	09:00 hrs - 09:15 hrs
2	Burns & Scalds on expedition	09:15 hrs - 10:15 hrs
3	Fractures & Spinal injuries	10:15 hrs - 11:45 hrs
4	Tea Break	11:45 hrs - 11:50 hrs
5	Poisoning	11:50 hrs - 12:30 hrs
6	Lunch	12:30 hrs - 13:30 hrs
7	Incident Management	13:30 hrs - 14:00 hrs
8	Foreign Bodies	14:00 hrs - 14:30 hrs
9	Evacuation Techniques	14:30 hrs - 16:00 hrs
10	Tea Break	16:00 hrs - 16:05 hrs
11	Effects of Heat & Cold	16:05 hrs - 17:05 hrs

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Day Four

1	Recap on Day 1 & 2 & 3	09:00 hrs - 09:15 hrs
2	Casualty Management	09:15 hrs - 10:15 hrs
3	Resuscitation Procedures	10:15 hrs - 11:45 hrs
4	Tea Break	11:45 hrs - 11:50 hrs
5	Incident Management	11:50 hrs - 12:30 hrs
6	Lunch	12:30 hrs - 13:30 hrs
7	Assessments	13:30 hrs - 14:00 hrs
8	Closing Address	14:00 hrs - 14:30 hrs

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