



Stage One– Explorer Medicine

Day One

1	Start	
2	Course introduction & Administration	09:00 hrs - 09:20 hrs
3	Aims & Responsibilities of the First Aider	09:20 hrs - 09:40 hrs
4	Priorities of Treatment	09:40 hrs - 09:50 hrs
5	Primary & Secondary Assessment	09:50 hrs - 10:15 hrs
6	Coffee Break	10:15 hrs - 10:25 hrs
7	Adult Resuscitation	10:25 hrs - 11:05 hrs
8	Adult Cardio-Pulmonary Resuscitation	11:05 hrs - 12:05 hrs
9	Airway Obstruction	12:05 hrs - 12:25 hrs
10	Lunch	12:25 hrs - 13:10 hrs
11	Bleeding	13:10 hrs - 13:50 hrs
12	Shock	13:50 hrs - 14:00 hrs
13	Bites & Stings	14:00 hrs - 14:30 hrs
14	Wilderness Fractures (1)	14:30 hrs - 15:30 hrs
15	Coffee Break	15:30 hrs - 15:40 hrs
16	Expedition Hygiene	15:40 hrs - 16:05 hrs
17	Wilderness Burns	16:05 hrs - 16:25 hrs
18	Extremes of Temperature	16:25 hrs - 16:45 hrs
19	Dispersal	16:45 hrs - 17:00 hrs

