



SAFETY TRAINING

for the Outdoor Activity,
Expedition, Adventure Travel
and Education sectors.



QUALITY TRAINING



Quality training from experienced and **qualified instructors** designed to **minimise** the **risk** of incidents occurring and enabling your staff to **respond** appropriately if an incident occurs.

Our training courses are all **certified** by relevant awarding bodies and will assist you in evidencing that you have satisfied your legal **Duty of Care** and compliance with the relevant sections of **safety standards** such as the Expedition Provider's Association, Year Out Group, BS:8848 and the University Safety and Health Association Safety in Fieldwork standards.

ABOUT US

The Expedition Care Program is a specialist safety programme catering for the needs of the outdoor activity, adventure travel, Higher Education (fieldwork) and expedition sectors. The ECP Program includes medical and non-medical safety training elements to address the main hazards whilst operating in the UK and overseas, from basic to advanced medical programmes certified by the leading global medical institutions to vehicle safety training, water based safety, hygiene, Tropical Health, hostile environment and security briefings. Specialist services also include crisis response training, tabletop and live field exercises. Our training courses have been developed in conjunction with our clients in the respective fields. They are practical, effective and proven.

These safety programmes are underpinned by Remote Environment Medical Training. The ECP modular medical programme was developed by remote area specialists, military trauma medics and experienced outdoor instructors, to meet the growing medical needs of the expedition, media, outdoor and travel industries. There are number of programmes, catering for the diverse requirements of our customers, ranging from an introductory first aid level through to advanced medical procedures for doctors, nurses and those operating in remote environments where more advanced skills may be the difference between life and death. Bespoke programmes are also available upon request.

Our instructors are regularly called on to provide specialist lectures on expedition medical and safety issues. These include some of the best known providers in the expedition sector including National Geographic, media organizations and academic establishments such as the Liverpool School of Tropical

Medicine. All of our courses and instructors are fully insured via Lloyds of London.

ECP is a registered Health and Safety Executive Centre for First Aid Training (No: 128/00).

Now in our second decade of trading, we have trained over 10,000 people worldwide, encompassing many nationalities, including delivering training overseas from China to Peru, Sarawak to Belize and Germany to Norway. Our clients include Exploration geologists to Outdoor Professionals, Expedition Leaders to TV presenters, Gap year students to serving military. We are proud of our client list which includes leading companies from the expedition and mineral exploration industries as well as prestigious academic establishments sending researchers overseas and medics who require training or experience in remote or hostile environments.

TESTIMONIALS

“ Can I add my many thanks again for your time spent with us last week on the first aid course. You provided, once again an exceptionally clear, relevant and fully interactive course of very high practicality related to our exploration first aid needs, both in terms of our commitments related to group field course training around the world as well as our range of particular needs related to our own fieldwork research in remote places. I was delighted to meet you once again. It has been a dozen years or so now, at least, since you first provided for our needs and, once again, it was very reassuring to have the relevant practical tests set in a very realistic manner and to see how first aid in the field continues to change and develop in its practice...Thanks again, I and the whole group found it to be most enjoyable and thoroughly reassuring - looking forward to the next time... ”

Senior Lecturer - School of Biological and Biomedical Sciences
University of Durham.

“ As a provider of high quality, long duration, motorcycle based expeditions, safety is a priority for us. The London to Cape Town, Trans Africa Expedition is departing shortly and will be travelling across remote and difficult terrain. The expedition support team includes a qualified Nurse as the Expedition Medical Officer. To ensure that the Medical Officer is able to operate in these conditions and respond to trauma and travel health issues that the expedition may face, we called in the experts - the Expedition Care Program. The instructor had significant remote area operations and medical experience. The course was exactly what was needed, fit for purpose : practical, realistic and effective training. I know that a lot of expedition and adventure travel companies use their services and it is very clear why. Highly recommended. We will certainly continue to use them. ”

JK, Company Director - KUDU Expeditions

“ We have used ECP for our First Aid training since 2010 and are always extremely happy with the service and training we receive. The instructors are extremely friendly and flexible to the training needs for our organisation.

The course has been specifically tailored for us and provides us with the knowledge our staff need so they are all equipped when travelling overseas. ”

World Society for the Protection of Animals (WSPA)

“ We have used The Expedition Care Program for specific High Altitude Training for our Trip Leaders and have always been impressed by their staff and also flexibility on running the course. It meets our needs and the support and extra advice provided by the Expedition Care Program instructors has been invaluable. ”

Managing Director, Inspire-Worldwide (Adventure Travel company) 2013.

“ I received this quote from one of the Trainees this morning that sums it up I think: “Our first aid course was really fascinating for me and a great insight into how important it is to have such a skill set when it comes to expeditioning.”

For us these courses make sense and are totally relevant to our expeditions and environments. ”

Operations Manager, British Exploring Society

ACCREDITATIONS



Health & Safety Executive approved centre for First Aid Training. (Number: 128/00)



Member of the British Safety Council



Chartered Institute of Environmental Health approved centre for Training



Approved provider of Off-Site Safety Management courses



ISO 9001: 2008 approved



Member of the Association of First Aiders



FPOS courses approved by the Royal College of Surgeons Edinburgh



A verified UK Learning Provider. As a UKRLP provider, ECP has been verified and allocated a UK Provider Reference Number.



Registered centre for the First Person on Scene (FPOS) awards



IHCD approved training centre



ECP Level 2 - Exploration Medicine

Duration: 2 Days

This 2-day course is designed for group leaders and group members working in remote areas. This course is recognised by all outdoor governing bodies e.g. MLTB, BCU, RYA etc. and exceeds the recommendations for the HSE Emergency First Aid at Work course.

DAY ONE:

- Course introduction & Administration
- Aims & Responsibilities of First Responder
- Priorities of Treatment
- Primary & Secondary Assessment
- Adult Resuscitation
- Airway Obstruction
- Scenario
- Bleeding & Shock
- Basic Remote Fractures
- Expedition Hygiene
- Wilderness Burns
- Extremes of Temperature

DAY TWO:

- Intermediate Remote Fractures
- Spinal Injuries
- Altitude Medicine
- Evacuation Techniques
- Bugs, bites and bowels
- Tropical Medicine
- Common Disorders