

BASIC FIRST AID COURSES

for Outdoor activities,
expeditions, field workers,
tour leaders & guides

ECP Level 1 - Explorer First Aid

Duration: 1 Day

This 1-day basic course is designed to give the individual a grounding in remote medicine. This course exceeds the recommendations for the HSE approved Emergency First Aid at Work course and is valid for a period of 3 years.

SUBJECTS INCLUDE:

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