SAFETY TRAINING

for Governments, Non Governmental Organisations, Aid Organisations & Charities Operating Overseas.
QUALITY SERVICES & TRAINING

Quality safety services, medical provision, location support & training from experienced and qualified staff 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 Duty of Care and compliance with the relevant sections of safety standards.
INDEX

ABOUT US

TESTIMONIALS & ACCREDITATIONS

BASIC FIRST AID COURSES
(1 AND 2 DAYS - HSE APPROVED)

INTERMEDIATE FIRST AID AND MEDICAL COURSES
(FPOS (I) ROYAL COLLEGE OF SURGEONS (EDIN) CERTIFIED)
(WILDERNESS MEDICAL SOCIETY COMPLIANT WILDERNESS FIRST RESPONDER)

ADVANCED FIRST AID AND MEDICAL COURSES
(REMOTE AREA MEDICAL MANAGEMENT, WILDERNESS EMERGENCY MEDICAL
TECHNICIAN, ECP MEDIC) ROYAL COLLEGE OF SURGEONS (EDIN)

OFF SITE SAFETY MANAGEMENT COURSE
INCLUDING RISK ASSESSMENT (ROYAL GEOGRAPHICAL SOCIETY CERTIFIED)

REMOTE AREA SAFETY COURSES
(JUNGLE, MOUNTAIN, ARCTIC, DESERT)

WATER SAFETY COURSES
FOR FIELD STAFF & EXPLORATION GEOLOGISTS. NATIONAL WATER SAFETY
MANAGEMENT PROGRAMME, ROYAL LIFE SAVING SOCIETY CERTIFIED.

4X4 DRIVING AND VEHICLE SAFETY ASSESSMENT COURSES

SURVIVAL TRAINING COURSES

S.T.R.A.P.™ COURSES
SAFETY TRAINING FOR REMOTE AREA PERSONNEL

IN COUNTRY MEDICAL SUPPORT

HOSTILE ENVIRONMENT TRAINING
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 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 organisations and academic establishments such as the Liverpool School of Tropical Medicine. All of our courses and instructors are fully insured via Lloyds of London.

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.

expeditioncareprogram.com
Quality

ECP courses continue where traditional First Aid courses end and is taught by an experienced faculty of outdoor and medical instructors including doctors, paramedics and ex-military medics with significant practical experience of overseas expeditions. All of our instructors have a background in the outdoor and expedition industries.

Many of them have military backgrounds including RAMC medics. Each instructor is qualified through training delivered by a faculty of instructors from our training division. In addition we develop training experience with recognised trainer qualifications.

We also operate a Continuing Professional Development programme to ensure that our instructors are up to date on medical techniques and equipment, such training being delivered by our own training team, external lecturers including Doctors and Paramedics as well as visiting lecturers and approved external bodies such as the Liverpool School of Tropical Medicine.

We are subject to external inspection by the Health and Safety Executive, Edexcel (awarding body for First Person on Scene - Royal College of Surgeons (Edin) approved) and also ISO inspections.
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)

The excellent training recently delivered by the Exploration Care Program has enhanced the capability of our workforce beyond all expectation. The positive effect on the safety culture of our workforce is tangible and it has helped to establish a solid base on which we can build with the local employees. The pace and level of training was just right and accounted for the varied experience and knowledge of multinational students with first rate results. I cannot recommend the Exploration Care Program and their highly professional staff strongly enough.

Health & Safety Manager, Weatherford Oil, Kurdistan

Seriously experienced guys in charge: terrific first aid stuff and intelligent security scenarios from which even this old war horse learned!

Jon Snow - Presenter Channel 4 News

Highly enjoyable and informative - with great practicalities and excellent experience level from course tutors.

Simon - ITN

Clients that we have assisted with provision of safety services, experts and training:

- RNIB
- Save the Children
- Red Cross
- Department For International Development
- World Animal Protection
- Danish Government
- HM Forces
- Norwegian Military
- ITN
- Channel 4
ACCREDITATIONS

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

Chartered Institute of Environmental Health approved centre for Training

ISO 9001: 2008 approved

FPOS courses approved by the Royal College of Surgeons Edinburgh

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

Member of the British Safety Council

Approved provider of Off-Site Safety Management courses

Member of the Association of First Aiders

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

IHCD approved training centre
BASIC FIRST AID COURSES

for Outdoor activities, expeditions, field workers, production/support staff & 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

expeditioncareprogram.com
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
ECP Level 3: First Person on Scene (Intermediate)

Duration: 5 Days

First Person on Scene (Intermediate) certificated by the Royal College of Surgeons. This course was specifically designed for those 90 minutes or more away from assistance.

At ECP, we tailor the FPOS courses to ensure that they are relevant to the environments that your teams are operating in.

The Institute of Health Care Development (IHCD) is the Awarding Body (via Edexcel) for NHS Ambulance Services throughout the United Kingdom.

The Faculty of Pre-Hospital Care at the Royal College of Surgeons Edinburgh clinically endorses the content of this course and maintains standards in pre-hospital medical care for doctors, emergency service personnel and nurses.

Entry Requirements

- No Pre-requisites

The Pre-Hospital Environment

- The role of FPOS
- Scene safety
- Minimising risk of infection
- Post-incident procedures
- Scene management
  - Safety - Triage

Patient Assessment

- Communicating with patients
- Primary survey and assessment
- Safe moving and handling

expeditioncareprogram.com
Respiration & Airway Management
- Recognition of respiratory problems
- Common breathing difficulties
- Basic airway management:
  - Causes of blocked airway & choking
  - Opening and maintaining a clear airway
- Use of suction
- Removal of crash helmets
- Use of oro-pharyngeal airways
- Oxygen supplementation
- Ventilation support
- Bag/valve/mask

Basic Life Support
- Perform basic life support
- Recovery position
- Perform child and infant basic life support

Defibrillation
- Automated external defibrillation
- Normal /Abnormal heart rhythms

Circulation & Shock
- Recognition and initial care of haemorrhage:
  - Bleeding
  - Shock (to include fants)

Medical Related Emergencies
- Recognition and initial care of:
  - Heart attack/angina
  - Diabetes
  - Stroke
  - Epilepsy
  - Unconscious patient
  - Asthma / anaphylaxis
- Assisting the paramedic

Trauma Related Emergencies
- Recognition and initial care of injuries to bones, joints, tendons and ligaments
- Recognition and initial care of burns & scalds
- Recognition and initial care of other trauma related injuries
- Skeletal stabilisation
ECP Level 4 - Wilderness Medical Society compliant Wilderness First Responder course

Duration: 7 Days

A comprehensive course compliant with Wilderness Medical Society content and duration guidelines (65 hours - not including pre reading). Pre-requisite, in date First Aid at Work or 2 day ECP Exploration Medicine course or equivalent.

This course includes the Royal College of Surgeon’s (Edin) accredited First Person on Scene (Intermediate) course content (above) with further lectures and scenarios to cover a variety of wilderness medical issues to allow the student to operate as a Wilderness First Responder for the expedition or field team.

This course covers seven days (a week and the following weekends) and includes evening lectures and night time scenarios. The course fills a gap in the outdoor/expedition and remote area market in that it includes multiple outdoor and extended scenarios so that course attendees benefit from significant practical experience in a supportive environment. The course is accompanied by a comprehensive WFR manual.

The course is certified with the First Person on Scene Intermediate certificate - clinically endorsed by the Royal College of Surgeons (Edin).

SUBJECTS INCLUDE:

- Wilderness First Responder vs. Urban First Responder
- Medical-Legal Issues
- Safety
- Blood-Borne Pathogens
- Resuscitation/CPR
- Airway Management
- Shock
- Wound Management including bad bleeds
- Thermal Burns
- Sprains & Strain
- Fractures & Dislocations
- Head & Facial Trauma
- Spinal Column/Cord Injuries
- Chest Trauma
- Abdominal Trauma
- Environmental Injuries (Heat/Cold/Lightning)
- Bites, Stings, Poisons & Toxins
- Allergies & Anaphylaxis
- Altitude Emergencies
- Drowning
- Water-borne & Food-borne Illness
- Neurology - Changes in Level of Consciousness
- Respiratory Distress
- Cardiology - Chest Pain
- Abdominal Pain
- Gender-Related Injuries and Illness
- Diabetes
- Common Simple Expedition Problems
- Expedition Medical Kits
- Search & Rescue
- Packaging & Transportation
- Critical Incident Stress Management

expeditioncareprogram.com
ADVANCED FIRST AID & MEDICAL COURSES

Remote Area Medical Management R.A.M.M.™

ECP Level 5

Duration: 7 Days

Our Remote Environment Medical Training course is a 7 day advanced level course which is designed to expand the suite of skills and knowledge available to those who already have training in the field of Pre-Hospital Care.

The course was developed in association with Paramedics and Expedition Doctors with significant remote area experience.

The course is suitable for Doctors, Paramedics, EMT’S, Nurses, Expedition Leaders, Close Protection Medics and those providing medical support for the exploration (oil, gas and mineral) sectors and media medical cover as well as those operating independently in remote and hostile environments.

Prerequisites apply - students are required to have an in-date First Person on Scene qualification or other advanced first aid certificate to attend this course.

The course includes numerous case studies, indoor and outdoor (including night time) scenarios. These scenarios include everyday incidents and also those likely to be encountered in wilderness, remote/hostile environments.

expeditioncareprogram.com
The course requires pre-reading.

**DAY ONE:**
- Course introduction
- Patient assessment overview
- Patient assessment - medical
- Patient assessment - trauma
- Triage
- Secondary assessment
- Baseline observations
- Review of CPR

**DAY TWO:**
- Catastrophic bleeding
- Airway – anatomy & physiology
- Airway – assessment
- Airway – problems
- Airway – management
- Airway adjuncts
- Respiratory system – anatomy & physiology
- Respiratory system – conditions
- Respiratory system – assessment
- Respiratory system – history taking
- Respiratory system – management
- Respiratory system – drug therapy

**DAY THREE:**
- Cardiovascular system – anatomy & physiology
- Cardiovascular system – conditions
- Cardiovascular system – assessment
- Cardiovascular system – history taking
- Cardiovascular system – management
- Cardiovascular system – drug interventions
DAY FOUR:
- Neurological system – the nervous system, spinal cord & peripheral nerves, autonomic nervous system, conditions, assessment, history taking, drug administration
- Gastro-intestinal system – conditions, assessment, history taking, management, drug therapy
- Genito-urinary system – reproductive system, conditions, assessment, history, drug interventions
- Urinary system – conditions, assessment, history taking, management, drug interventions
- The eye – conditions, assessment, history, management
- The ear – assessment, history, medication
- The nose – conditions, assessment, history
- The throat – conditions, assessment, management, medication
- The throat – assessment, management, medication

DAY FIVE:
- Trauma
- Musculoskeletal – anatomy & physiology
- Musculoskeletal – assessment
- Musculoskeletal – injuries
- Musculoskeletal – spinal injuries
- Musculoskeletal – head injuries
- Musculoskeletal – thoracic injuries
- Trauma management
- Immobilisation
- Musculoskeletal injuries – drug interventions

DAY SIX:
- The skin
- Types of wound
- Wound management
- Wound closure
- Burns – assessment
- Burns – management
- Burns – drug interventions
- Bites & stings – drug interventions

DAY SEVEN:
- Poisoning – history
- Poisoning – common poisons
- Endocrine system
- Environmental issues
- Altitude illness – drug therapy
- Medical planning
- Evacuations
ECP Level 6 - Wilderness Emergency Medical Technician

Duration: 15 Days

This is our longest course and is based on the highly regarded U.S. W-EMT programme.

Our course is supported by comprehensive texts and notes. The course is benchmarked against professional courses clinically endorsed and recognised in the UK.

The course provides significant opportunity for scenarios (including extended scenarios) in wilderness environments and concludes with practical experience of clinical placements. Alumni of the course will not only have received excellent and bench-marked theoretical and practical training but will also have hands on experience in a clinical setting so will be well equipped to respond in an emergency.

**MODULE 1:** Wilderness First Responder course content
FPOS (I) Royal College of Surgeons (Edin) Certified.

**MODULE 2:** Remote Area Medical Management
R.A.M.M.™ Training Course

**MODULE 3:** Clinical placement in a Hospital, GP Surgery or Ambulance setting.
ECP Level 7 - ECP Medic

Duration: 2 Days

This advanced course is designed for Doctors, Nurses and Expedition Leaders and covers a range of more advanced techniques including an introduction to invasive techniques for non medics to assist medics in the use of these techniques in remote environments. Prerequisites are required for this course. We have previously delivered this course at the Liverpool School for Tropical Medicine.

**DAY ONE**
- Pre-Expedition Planning
- Casualty Prioritisation Techniques
- Expedition Medical Equipment
- Primary & Secondary Assessment
- Altitude Medicine
- Resuscitation Update
- Measuring Blood Pressure
- Airway Management
- Spinal Immobilisation
- Defibrillation
- Communication Equipment

**DAY TWO**
- Pain Relief Analgesia/Anaesthesia
- Administration of Medical Gases
- Wound Management
- Bones, Joints & Tissue Injuries
- IV & IO fluids - an introduction* - assisting the medic
- IM & SC Injections
- Suturing in the Field
- Legal Issues
- Travel Medicine

*For those non medics (ie not doctors, nurses, paramedics or off shore medics) without NHS training and currency in this field and intending to use IV and IO fluids without supervision from a medic, contact us for further training.
OFF SITE SAFETY MANAGEMENT COURSE

Including risk assessment (Royal Geographical Society Certified)

Duration: 2 Days

This 15-hour non-residential course concentrates on the need to plan, manage and evaluate any off-site visit in any context. A certificate of attendance will be given for all delegates.

The course is designed to provide the delegates with an understanding of the safety systems and statutory requirements needed by an individual and their establishment planning off-site activities. It is intended to meet the needs of groups across a very wide range of off-site activities. It will be relevant to field workers, exploration geologists, expedition teams, outdoor instructors, teachers and university lecturers, especially those who are responsible for off-site visits within their organisations, such as fieldwork, adventurous outdoor activities and cultural visits.

The course is divided into three sections, each representing a vital stage in managing an off-site activity/event:

- "...a comprehensive look at the vast array of possible and probable dangers that we expose ourselves to in exploration work...”
  - Field Exploration Manager

Royal Geographical Society with IBG
Advancing geography and geographical learning

expeditioncareprogram.com
PLANNING FOR THE EVENT:
This section addresses those aspects of planning which must be completed before the group departs in order to ensure the safe management of the event. It includes assessing the needs of the group, arranging the necessary staffing, and undertaking a risk assessment.

MANAGING THE EVENT:
This section addresses the key management requirements relating to group safety during an activity including dynamic risk assessment, appropriate actions and procedures required when dealing with both minor and major incidents and contingencies.

EVALUATING THE EVENT:
This section addresses the essential review of the whole event that must be carried out to effectively improve future planning and practice. The course consists of lectures, group work, and practicals. Comprehensive course notes are provided. The Off-Site Safety Management course is certificated through the Royal Geographical Society and considered a foundation level introduction to risk management for those operating overseas.
REMOTE AREA SAFETY COURSES
Jungle, Mountain, Arctic, Desert

Arctic Safety Training Course
This course is suitable for NGO’s, Aid Workers, TV/Media Production teams, expedition leaders, teachers or instructors with plans or aspirations to lead expeditions in cold weather environments as well as those with previous arctic experience who wish to brush up on current good practice.

DAY ONE: ARCTIC SAFETY
Topics include health and safety in the arctic environment, hazards and risk assessment, equipment selection, cold weather survival, medical issues and arctic navigation.

DAY TWO: COLD WEATHER ENVIRONMENTS
Topics include the finer points of living in cold weather environments together with considerations for planning expeditions and leading groups in the environment. Day two considers more practical skills and looks in detail at the practicalities of setting up base camps, safety equipment and transportation as well as the wider picture of emergency planning. This course is facilitated by experienced arctic instructors.

Desert Safety Training Course
This course is suitable for NGO’s, Aid Workers, TV/Media Production teams, expedition leaders, teachers or instructors with plans or aspirations to lead expeditions in desert environments as well as those with previous desert experience who wish to brush up on current good practice.

DAY ONE - DESERT SAFETY
Topics include health and safety in the desert environment, hazards and risk assessment, equipment selection, desert survival, medical issues and navigation.

DAY TWO - OPERATING IN THE DESERT
Topics include the finer points of living and camping in the desert together with considerations for planning expeditions and leading groups in the environment. Day two considers more practical skills and looks in detail at the practicalities of setting up desert base camps, vehicles and equipment as well as the wider picture of emergency planning. This course is facilitated by experienced desert instructors.
Jungle Safety Training Course

This course is suitable for NGO’s, Aid Workers, TV/Media Production teams, expedition leaders, teachers or instructors with plans or aspirations to lead expeditions in tropical forests as well as those with previous jungle experience who wish to brush up on current good practice.

**DAY ONE - JUNGLE SAFETY**
Topics include health and safety in the jungle environment, hazards and risk assessment, equipment selection, tropical survival, medical issues and navigation.

**DAY TWO - OPERATING IN THE JUNGLE**
Topics include the finer points of living and camping in the rain forest together with considerations for planning expeditions and leading groups in the environment. Day two considers more practical skills and looks in detail at the practicalities of setting up jungle base camps, using machetes, improvised stretchers and shelters as well as the wider picture of emergency planning. This course is facilitated by experienced jungle instructors.

Mountain Safety Training Course

This course is suitable for NGO’s, Aid Workers, TV/Media Production teams, expedition leaders, teachers or instructors with plans or aspirations to lead expeditions in overseas mountain environments as well as those with previous mountain experience who wish to brush up on current good practice.

**DAY ONE - MOUNTAIN SAFETY**
Topics include health and safety in the mountain environment, hazards and risk assessment, equipment selection, survival, medical issues such as altitude sickness and navigation.

**DAY TWO - OPERATING IN THE MOUNTAINS**
Topics include the finer points of living and camping in the mountains together with considerations for planning expeditions and leading groups in the environment. Day two considers more practical skills and looks in detail at the practicalities of setting up base camps, equipment selection, mountain weather as well as the wider picture of emergency planning. This course is facilitated by experienced Mountain Leaders.
WATER SAFETY COURSES

NGO’s, Aid Workers, TV/Media Production teams, Outdoor Instructors, Expedition Leaders

The National Water Safety Management Programme (NWSMP) is a suite of interlinked training awards, specifically designed to assist those organisations with employees who work in, on or near water to meet their civil and statutory safety management obligations (especially where employees have supervisory responsibilities). We were involved in the development of this course in association with The Royal Life Saving Society.

AIMS

- Enable the facilitation, encouragement and enjoyment of safer open water activity by equipping those who work in, on or near water with the necessary knowledge and skills to make informed decisions about safety.
- Develop personal safety skills for lone workers operating in a water-based environment.
- Develop aquatic emergency response skills.

WHO IS IT FOR?

Field Workers, Teachers, Technicians, Outdoor Activity Instructors, Countryside Rangers, Community Safety Wardens, Dock workers, Construction workers, the Emergency Services - everyone and anyone who works in, on or near water.

BALANCING PREVENTION AND RESPONSE

The programme embraces contemporary approaches to risk management by balancing the need for simple proactive safety management practices (with a strong focus on preventative measures) alongside effective emergency response skills.

FLEXIBILITY

The NWSMP allows employers to construct relevant and meaningful training programmes by selecting and linking together those modules most suited to specific operational and individual needs. The programme recognises the need for flexibility, providing individual programmes which meet a wide range of training requirements across a broad spectrum of working environments.
Statistics worldwide confirm that road traffic collisions are a significant hazard for those operating in the expedition and exploration sectors, accounting for numerous incidents and fatalities each year.

Our medical training courses are designed to incorporate dealing with road traffic collisions including rapid vehicle extrication with improvised or minimal equipment if necessary. The two vehicle safety training courses, however, are aimed at preventing accidents occurring in the first place.

Prevention is better than cure.

We have developed two courses in this area. The FIRST is driver training for both local and expat drivers.

The SECOND course is a training solution for organisations that utilise locally sourced transport and introduces policies and procedures for the engagement and use of these services including safety assessments for the vehicles themselves. This requires no specialist skills or vehicle related qualifications.

Our driver safety training courses can be delivered in the UK or at your project site or office location worldwide.
**THE COURSE COVERS:**

- Driver assessment
- Vehicle selection
- Vehicle safety checks, for each time the vehicle is used as well as daily, weekly checks and maintenance
- Vehicle preparation and outfitting
- Basic maintenance and field mechanics including using a variety of jacks and changing tyres
- Driving theory - driving a 4x4, introduction to high & low range, vehicle recovery theory, winching, convoy procedures
- Loading vehicles
- Driving in mud, sand, ruts, ice, tracks
- Driving up, down and across slopes
- Driving practicals, techniques and assessment
- Dealing with crashes

Starting with a comprehensive introduction and demonstration over simple obstacles, your instructor will build your confidence and assess your skills to find an appropriate level on which to begin with your driving experience. Then it’s up to you!

From beginners looking to develop confidence and competence to experienced drivers wanting to take their skills to the next level our 4x4 courses are an effective solution.

If you are travelling overseas and would like a bespoke mechanical or vehicle recovery course, please contact us for further information. Our instructors are highly experienced 4x4 and recovery experts with many years experience in training the Military, Special Forces and Police service as well as overseas expedition companies.

**Vehicle Safety Assessment**

This one day course is delivered by our staff who have relevant qualifications and vast experience in the field of vehicle safety from within both the military and civilian fields, specifically in relation to operating and recovering vehicles in remote environments.

The course utilises case studies and good practice. It is heavily practical in content and covers:

- Contracting with local transport providers, indemnity contracts and insurance.
- Driver qualifications and records
- Driver numbers required for duration of travel
- Assessing driver competence and suitability including warning signs
- Vehicle suitability for purpose
- Vehicle safety assessment - what to look for - what is and is not acceptable

- Checks, each time vehicle is used, daily, weekly and longer term checks
- Maintenance regimes
- Recording checks
- Safety culture in your organisation - enforcing vehicle safety policies
- Driver code of conduct, minor and major infractions and enforcement
- Practical vehicle safety assessment sessions.
- Standard documentation for your organisation to implement.
The courses we deliver have been designed to satisfy a training need identified by our exploration sector clients arising from incidents that their staff have faced and have been unprepared for (prior to our engagement). The courses are practical, effective and proven.

These are not bushcraft, military or rambo style courses, they are practical courses, supported by relevant theory, allowing field workers to become confident in operating in their project environment and to know that should the worst happen (as it has on numerous occasions in recent years with field staff becoming lost in deserts, having to survive after an aircrash in African jungles, vehicles breaking down in freezing Mongolian conditions, or a simple fractured ankle whilst mapping and area, to name but a few) they can survive until help arrives. The training includes late back procedures and identifying and sourcing (if requested) communications, tracking and emergency beacons to minimise survival situations occurring in the first place.

Our specialist instructors include those from both military and civilian backgrounds. What they have in common is extensive experience of utilising practical survival skills and teaching practical survival skills.

Our instructors have experience in temperate, desert, jungle and arctic survival. They have operated in those environments having received training from various local populations and military experts. In short, our staff are experts in their field.

We have delivered training from classroom based theory classes for Oil and mineral exploration companies, to arctic, jungle and desert training courses.

We have also trained expedition or exploration teams operating in every environment imaginable... and the training works.

“...Wilderness survival skills were thoroughly covered by knowledgeable staff which displayed a vast amount of experience in the subjects taught. Great course.”

Exploration Geologist, Field Safety Training, North America
Courses follow the tried and tested P.L.A.N formula:

- Protection
- Location
- Acquisition
- Navigation
- Medical

The training addresses key survival psychology aspects and focuses on the five key survival essentials: Water, Warmth, Shelter, Signals and Food. Participants will be taught techniques for achieving these key essentials. The training will also address survival myths and what does and does not work.

Our courses also introduce participants to specialist (yet low weight and low cost safety equipment (which we can also provide including unique, bespoke survival kits, to supplement our standard field worker safety backpacks -

- 3 hour classroom based theory
- 2 day classroom/outdoor based courses (our minimum recommendation)
- Arctic, Jungle, Desert, Mountain, temperate courses from 2-7 days
“As an experienced traveller and consulting field archaeologist, very familiar in working in challenging and increasingly unfriendly environments around the globe, I found the Safety Training for Remote Area Personnel (five day course) in Vancouver to be excellent. The security and travel safety sessions were sensible, practical (rather than unnecessarily alarmist) and very useful.

Likewise, as a qualified and current Wilderness Emergency Medical Technician (WEMT), and an Incident Commander of the Santa Barbara County Sheriff Search and Rescue Team, I can confirm that the Remote Area Medical Training content was well delivered (by two very experienced instructors). More importantly, the training was realistic and effective. As an owner of a company that frequently operates in hazardous, high risk environments, I feel his type of training should be given to all project managers and field workers going overseas, as well as those working demanding and remote domestic locations. This is a highly recommended course.”

B.B

Risk Lifesigns provides tailor-made modular courses for client companies and organisations. This is not designed for the individual client. In order to be ‘security aware’ you must understand the seeds of conflict, how they grow, how they may affect you, and how to respond to threats to your personal safety. If you need to live and work in unfamiliar or unstable environments, security awareness is a vital attribute. By attending a S.T.R.A.P™ training course the individual’s awareness is heightened and so allows them to make informed assessments of the potential dangers faced, thus minimising risks.
This course has been designed in conjunction with security, exploration, NGO/Aid Workers and media professionals and is scenario based. All scenarios have been based on the experiences of the training team and our Subject Matter Expert Consultants and offer real time opportunities to learn the latest techniques in a safe environment.

**DAY ONE:**
- Course Introduction. Why is this relevant?:
  - Case studies. Remote Area fieldwork statistics
  - Legal issues: Duty of Care, Corporate Manslaughter C-45 and globally, Bribery Act laws
  - Before you go: Planning, information sources, local fixers, and insurance.
  - Medico legal: an international context including taking medications overseas and duty to treat (or not) and consent
- Medical Equipment
- First Aid Basics
- Primary Assessment & Airway Management
- Secondary Assessment
- Resuscitation
- Choking
- Wound Management including catastrophic bleeding, tourniquets, haemostatic agents.

**DAY TWO:**
- Burn Management
- Fracture Management
- Spinal Injuries
- Shock
- Common disorders (asthma, heart attack etc)
- Exploration Hygiene, filters, equipment, what works in the field.
- Bugs, Bites and bowels - Travel Health
- Scenarios and individual assessments
DAY THREE:
- Altitude Medicine
- Environmental Injuries (heat and cold).
- MEDEVAC Protocol
- Stretchers
- Civil Disorder
- Vehicles - types, safety checklists, equipping vehicles
- Vehicle Check Points - legal and illegal
- Road Traffic Collision - Rapid Vehicle Extrication
- Scenarios

DAY FOUR:
- Ballistic Injuries and ballistic awareness, distance, direction, penetrating power/depth.
- Risk Assessment
- Travel safety: transport, personal safety, accommodation safety, fire awareness,
- Conflict management: body language, diffusing difficult and threatening situations.
- Detention (kidnap awareness and conduct after capture): Exploration specific case studies
- Post Traumatic Stress Disorder and psychological first aid
- Scenarios

DAY FIVE:
- Communications - equipment and protocols.
  Some international case studies
- Lost persons protocol/Lost Communications/ Failure to return or check in
- Search and Rescue theory
- Survival Training - theory sessions covering variety of climates/environments with exploration & fieldwork case studies
- Scenarios - Medical, security, Search and Rescue, Recovery, Packaging and evacuation
- Course Summary & Dispersal
IN COUNTRY MEDICAL SUPPORT

We are often contacted by clients wanting medical support in the field. It can often be more cost effective for us to provide remote area personnel with medical experience than the client training up their own staff - particularly for short deployments.

Depending on the location and the client’s requirements, we can provide advanced first aiders, Wilderness Emergency Medical Technicians, Paramedics, Doctors and ex Combat Medical Technicians, Long Range Patrol Medics and ex Special Forces Medics. We can also provide medics with military experience and Close Protection qualifications to provide dual role support. Our staff will all be able to provide additional first aid training once in country to local staff and team members by prior arrangement to enable clients to satisfy their duty of care to ex pat and local staff as well as satisfy the client’s moral/ethical and Corporate Social Responsibility requirements.

Client enquiry. We take details including the location, duration, dates, numbers and skills/training/experience of the client team who will be operating in country.

Our Doctors (with remote area and travel health experience) will undertake a medical risk assessment into the level of medical support needed.

We can also provide a country and security risk assessment and briefing.

Based on the medical risk assessment, we will recommend a suitable level of medical support, highlighting the differences, strengths and weaknesses of the options. The decision by clients is often budget driven. Our staff have a variety of med packs available. We will also advise on and, if required, can provide individual medical kits for client staff.

We will recommend and can deliver a suitable remote area first aid course for all of the field team deploying. We can also deliver our benchmark S.T.R.A.P™ course - (see above for details) encompassing First Aid, Travel Safety, Security and Kidnap awareness, Travel Health and Tropical Medicine, vehicle safety and emergency procedures.

Teams deploy. Our staff member(s) will be equipped with a group medical kit and, subject to local laws in country, also a satellite phone, epirb (emergency position indicating radio beacon) and a satellite tracking beacon. We also have a reach back telemedicine facility where our staff member can access a third party service providing advice from a UK based Doctor 24/7/365.
HOSTILE ENVIRONMENT TRAINING

For NGO’s, Aid Workers, Media companies and individuals. Risk Lifesigns offer 3, 4 and 5 day Hostile Environments courses. These courses have been designed in conjunction with security and media professionals and are seminar and scenario based. Journalists attending this course will operate in a fictitious country - the Democratic Republic of Draconia as members of the “TNI Television Network”.

The courses are supported by pyrotechnics, legally held mock and decommissioned firearms, actors, audio visual presentations, body armour, helmets, medical training equipment, trauma packs and moulage/prosthetics where appropriate.

Subjects include (4 day example indicated):

**DAY ONE**
- Course Introduction
- Pre-Assignment Planning & Risk Assessment
- Staying healthy in the field (Nutrition, exercise, hygiene, psychological)
- Post Traumatic Stress Disorder and psychological first aid
- Personal equipment/clothing
- Body Armour
- First Aid Basics
- Primary Assessment
- Secondary Assessment
- Safety Equipment Orientation
- Resuscitation & Defibrillation
- Wound Management (including head, chest and ballistic injuries)
- Life threatening bleeds (including tourniquets, haemostatic agents e.g. celox)

All scenarios have been based on the experiences of the training team who include instructors with significant media security and current operational experience of hostile environments and offer real time opportunities to learn the latest techniques in a safe environment. We believe in delivering relevant training from current staff with relevant and certified medical training. We do not believe in beasting our customers unnecessarily- our staff are professionals and have nothing to prove- our clients are all intelligent professionals and are there to learn - but our security and kidnap scenarios are realistic.
DAY THREE

- Recap Session
- Civil Disorder
- Fracture Management
- Burn Management
- Scenario
- Shock Management / Heat & Cold injuries
- Ballistic Awareness / Vehicle Check Points
- Reaction to Fire & IED’s
- Judging distances - Basic Fieldcraft
- Recap on Medical Sessions

DAY THREE

- Navigation & GPS
- Kidnap/Detention Theory
- Recap of Medical Sessions
- Introduction to Draconia (fictional setting for scenarios)
- Scenarios
- Evening Scenario
- IV Fluids (including IO options)
- hostile environments training equipment

DAY FOUR

- Communications equipment
- Social Media & IT Security
- Medical Evacuation & Emergencies
- Grab Bags
- Vehicle Selection, Sanitisation & Recovery
- Personal Security
- Common Disorders/Travel Health
- Embedding/Working with Security Forces
- Working with local fixers
- Bribery Act
- FAW or FPOS (I) Assessments*
- Course Review & Dispersal

*Depending on option required by your employer.