

BASP Emergency First Aid At Work (EFAW) – 1-day

The Course

This course is suitable for anyone who wants to know the basics of First Aid, for example someone in the workplace, hospitality and service industry, or ski rep. This can be used for RYA and BCU qualifications.

The Syllabus

The syllabus will include understanding the role of a first aider, Accident procedure, Vital signs, Unconsciousness, CPR, AED awareness, Bleeding, Choking, Minor injuries, personal hygiene in first aid and First Aid kits. Depending on the group and time available some additional subjects may be covered for example, environmental subjects like Hypothermia.

A certificate valid for 3 years will be issued by BASP after the course.

Arrival/Departure

The course will start promptly at 0900 hrs and will finish around 1700 hrs.

Lunch is included in the cost but no accommodation or other meals are, please book this separately if required.

What Equipment Will I Need?

Occasionally short outdoor sessions are run in the lodge grounds, you need some warm outdoor clothing, waterproofs and outdoor shoes or boots.

Glenmore Lodge has a large and very comprehensive store of up to date clothing and equipment. You are welcome to use your own equipment and pick and choose odd items from the store. Your instructor will want to check that personal equipment is appropriate for the activity.

GLENMORE LODGE CAN SUPPLY:

- ✓ Basic waterproof jackets and trousers
- ✓ Leather Boots
- ✓ Helmets
- ✓ Day & Expedition Sacs

EQUIPMENT YOU NEED TO BRING WHICH WE DO NOT HAVE IN THE STORES.

Listed here are the essentials, this is not an exhaustive list.

- ✓ Informal clothing for leisure wear
- ✓ Warm outdoor wear
- ✓ General trekking trousers are recommended, not jeans though.
- ✓ Fleece/insulated jacket
- ✓ Waterproof jacket
- ✓ Waterproof overtrousers
- ✓ Hat & gloves***



~~Items marked *** are available in our shop subject to availability.~~

Useful Websites

www.wemsi.org	Wilderness Emergency Services Institute
www.mrcofs.org	Mountain Rescue Committee of Scotland
www.basp.org.uk	British Association of Ski Patrollers – First Aid