

BASP Emergency First Aid – 2-day

The Course

This course is suitable for potential outdoor instructors, or enthusiasts and any person who has been awakened to the necessity of life saving skills in sudden illness or accidents.

The course is intended to give as much practical experience as possible. The first morning is spent learning the principles of first aid, moving on to basic life support in an easy and logical manner. After lunch, there is an outdoor practical session that reinforces the morning's work; followed by a classroom session for common medical emergencies, wounds, bleeding and shock, backed up by a practical session. The second day starts with fractures, followed by the effects of heat and cold. The afternoon is then spent with moving and handling casualties, followed by various scenarios: for mountain and outdoor courses - outdoor safety procedure.

The course is run from 9am-5pm (approx). There are no evening talks or lectures, however, you are welcome to join in with the evening programme or just relax in the bar.

Provisional Programme

Day 1

Aims and Principles of First Aid Accident Procedure, Vital Signs, A.B.C's, Unconsciousness, Head to Toe check and Recovery position

Outdoor Practical, Breathing problems – Drowning, Choking, Mouth to mouth/nose – CPR, Wounds and Bleeding, Shock

Day 2

Appraisal of previous day's content, Heart problems, common medical emergencies, C.P.R and practise with pocket masks and jaw thrust, Fractures and Sprains, Head, Neck and Spinal Injuries, Contents of First Aid Boxes, Effects of Heat and Cold - Burns, Hypothermia, Frost Bite

Outdoor Practical Exercise, Final revision, Basic Life Support Skills Assessment

A certificate valid for 3 years will be issued. Acceptable for qualifications such as: MLTB, BASI, SNSC, ESC, RYA, BCU and other sports' governing bodies as a pre-requisite for instructor training and as a course applicable to the outdoor environment.

What Equipment Will I Need?

Outdoor sessions are run in the lodge grounds, you will need some warm outdoor clothing, waterproofs and outdoor shoes or boots. The sessions are only an hour or two long but will take place no matter what the weather is doing. The ground can therefore be muddy or wet at times.

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***
- ✓ Vacuum Flask & Water Bottle ***
- ✓ Box or bag for packed lunch.
- ✓ Blister kit/ small first aid kit
- ✓ Personal toiletries & medications (towels are provided)
- ✓ Suncream – you just never know! ***
- ✓ Spare towel
- ✓ An alarm clock
- ✓ Glenmore Lodge also has a pool, sauna, gym & climbing wall - so don't forget your swimming/gym/climbing kit!

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

Useful Websites

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| 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 |