

## **BASP First Aid at Work**

### **The Course**

This course is suitable for those working in industry or education that require a full HSE First Aid at work certificate for their work. This is the minimum needed for mountaineers training for their Mountain Instructor Award.

The course is intended to give as much practical experience as possible, covering in great detail the principles of first aid. The course deals with injuries encountered in the working/outdoor environment. An examination will be conducted on the final day using external examiners. The course is run from 9am - 5pm (approx). There are no programmed evening talks or lectures, however, you are welcome to join in with our evening programme or just relax in the bar.

This course is registered with the HSE and the certificate is valid for 3 years. 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.

**Please vacate your room by 10am on the last day.**

### **What Equipment Will I Need?**

Outdoor sessions are run in the centre grounds, you 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.

### **Equipment Lists**

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
- ✓ Hat & gloves\*\*\*
- ✓ 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 and an extra towel.

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

### Useful Websites

<a href="http://www.wemsi.org">www.wemsi.org</a>	Wilderness Emergency Services Institute
<a href="http://www.mrcofs.org">www.mrcofs.org</a>	Mountain Rescue Committee of Scotland
<a href="http://www.basp.org.uk">www.basp.org.uk</a>	British Association of Ski Patrollers – First Aid