

## Expedition First Aid (4 Hours)

### Course Aims

To provide delegates with the training, skills and knowledge in Expedition first aid and comply with the requirements of the Health and Safety (First Aid) Regulations 1981.

### Suitable For

Any person, The course is designed to offer the training needed as part of the Duke of Edinburgh award scheme for staff and pupils.

### Course length

4 Hours

### Prerequisite

Temporary physical impairment - In situations where employers inform training providers that an employee attending an FAW / EFAW course has a temporary physical impairment, it may be sensible to advise them to defer training until the individual is fit. If this is not possible and the student has a temporary physical impairment, affecting for example mobility, a training provider can temporarily accommodate this during training. For example, a knee injury may prevent CPR training as the person is unable to kneel on the floor, so the training could be delivered at waist height. This course includes assessments where a delegate's ability to pass may be compromised where their first language is not English – please discuss this with your delegate/s and contact us if you or they have any concerns. If you have any queries do contact us for advice.

### Certification

All delegates will be awarded a Community Academy Training certificate of attendance. It is valid for three years.

### Course Venue

Open courses are held regularly at our training venues in Norfolk. Alternatively, courses can be arranged at your own site anywhere in the UK (subject to suitability).

### Syllabus

- Role and responsibility of first aider on expeditions
- Introduction to first aid
- The recovery position
- Choking
- Burns and scalds
- Incident management and safety
- Basic life support
- Adult resuscitation
- Use of AED
- Control of bleeding and shock
- Effects of Hot and Cold environments
- Sprains & Strains