

FIRST AID COURSE

North Devon is an ideal place to enjoy the outdoors, for work or play. However you may have to deal with first aid incidents when some distance from emergency services. Our first aid courses give you the confidence to help someone in an emergency. They are designed to introduce a systematic way for managing casualties in outdoor/remote environments. Topic learning and practicals intermixed with scenarios of 'real' situations.

- Scene management and personal protection
- Legal considerations
- The DR ABC DE of first aid
- Dealing with unconscious patients
- Safe airway position
- Choking
- Hot and cold injuries
- Assessing breathing and managing the air way
- Serious bleeding and fractures
- Burns
- Dealing with common medical issues
- Communicating for help
- CPR and AED awareness

COURSES ORGANISED EVERY MONTH IN NORTH DEVON
Prices from £49.00

Outdoormentor@icloud.com • 07900 390900



WE ALSO DELIVER:

- Emergency First Aid at work EFAW (1 day or two evenings).
- Emergency First Aid for the Outdoors (2 days) – Ideal for NGB Awards.
- First Aid at work FAW (3 days).
- Our EFAW and FAW courses meets the standards required to help comply with Health and Safety regulations for first aid in the workplace.
- Paediatric first aid and outdoor first aid for D of E, Scouts, walking/kayaking groups etc.
- Mentoring for people that would like a career in the outdoor industry.
- Navigation, rock climbing and hill/mountain walking courses: summer/winter/abroad.
- Paddle Sports Instructor Award/ Performance Awards.
- Journeys on the sea or rivers.

