

# First Aid For Forest School Practitioners

## Participant information pack



### Outline

This course is combined with the Outdoor First Aid course. It provides you with an opportunity to practise & update your first aid skills whilst building on your current experience & knowledge. This will include practical, hands-on scenarios and presentations that will develop your confidence in administering first aid in outdoor environments & provide you with essential life saving skills.

### What to bring

- + Lunch (refreshments will be available for mid morning and mid afternoon breaks)
- + Comfortable clothing suitable for moving around and lying on the floor / ground
- + Warm, waterproof kit for outdoor based scenarios
- + Personal / work first aid kit (if available) for group discussions & sharing of best practice

### What to expect

The course includes a number of indoor & outdoor practical scenarios which involve lying on the floor, being checked for 'injuries' and physically moving people. Please let your trainer know if you are uncomfortable with anything and if you have any pre-existing injuries/illnesses that they should be made aware of.

Remember to look after yourself, lift / lower appropriately & take care of your knees. You are asked to respect & consider the well-being of others throughout the course.

Assessment is ongoing throughout the course and you will be made aware of any aspects of your training that require further development. You are also required to attend the full 16 hours in order to qualify for your certificate.

In order to simulate real life first aid scenarios you will be required to take on the role of casualty, first aider and observer. This is a good indicator of your understanding & a critical part of learning.

Based on the scenarios given to you by your trainer you will be expected to:

- + Demonstrate signs and symptoms accurately as the casualty
- + Reflect on your performance as first aider & consider all feedback from the casualty / observer
- + Give fair and balanced feedback on the learning points

### What we provide

The course is focused on developing practical first aid skills that can be applied to real and relevant situations. We encourage an active & experiential approach to learning that supports progressive skill development throughout.

We use clear, simple relevant explanations of theory and supply appropriate courses notes that act as quick reminders throughout. The first aid manual supports and builds on your first aid knowledge and we are happy to signpost further detailed information if required.

**A certificate valid for three years will be provided on successful completion of the course. Please be punctual at all times as this course requires 100% attendance to qualify.**

# Programme

## Day 1

- 08.50 Arrival & registration
- 09.00 Introduction
- 09.30 **Assessing vital signs:** Brain activity, breathing & circulation
- 10.00 **Casualty approach - D.R.S. + A.B.C.** (primary survey)
- 10.30 Coffee break
- 10.45 **Stabilising an unconscious casualty** - Safe Airway Position
- 11.30 Indoor scenarios - unconscious casualties
- 12.00 **Secondary survey - C.D.E. problems**
- 12.30 Lunch
- 13.00 Outdoor scenarios - unconscious casualties
- 13.30 **Treating life threatening conditions:** choking, stroke & heart attack/angina
- 14.00 **Dealing with a non breathing casualty:** CPR for adults & children in outdoor settings
- 15.30 Coffee break
- 15.45 **Managing severe bleeding & shock**
- 16.30 Outdoor scenarios - immediate casualty care
- 17.30 Review of day & finish

## Day 2:

- 09.00 Summary / refresh of day 1
- 09.15 **Finding & treating common breaks:** bandaging & immobilising
- 10.00 Outdoor scenarios - conscious casualties
- 10.30 Coffee break
- 10.45 **Cold illness** (hypothermia): moving & stabilising a casualty onto insulation & shelter
- 11.45 **Heat illness:** assessing & treating heat exhaustion & heat stroke
- 12.30 Lunch
- 13.00 **Treating common illnesses:** asthma, anaphylaxis, diabetes & epilepsy
- 14.00 Outdoor scenarios - stabilising casualties
- 14.30 **Dealing with major trauma:** head, neck & chest injuries
- 15.30 Coffee break
- 15.45 **Equipment & record keeping:** Emergency kit & records for outdoor environments
- 16.00 **Minor injuries:** cuts/grazes, splinters, bites & soft tissues damage
- 16.30 Outdoor scenarios - extended casualty care
- 17.00 Course review, feedback & finish