

2 Day Emergency First Aid Course

Meggernie Outdoor Centre

Course fees include 2 nights accommodation, food and all course materials.

www.basp.org.uk

Outdoor Emergency First Aid - 2 Days

Suitable for: outdoor activity enthusiasts and professionals; acceptable for all National Governing Body Awards and qualifications such as: MLTB, BASI, MBL, TCL, RYA, BCU and other sports. Revalidation every 3 years by attending course again.

Syllabus: the course gives as much practical knowledge and experience as possible over 2 days, the course normally runs 9am-5pm each day. The content includes: safety, basic life support (BLS) and CPR in an easy and logical manner. The 2 days are interspersed with indoor and outdoor practical sessions, including dealing with an unconscious casualty, wounds and bleeding, common medical emergencies, shock, fractures and other trauma often found in the outdoor environment. At some point during the course a BLS skills assessment will be undertaken; you will be required to pass this to receive a certificate. Other practical skills will be assessed on a continuous basis.

Certificate: Valid for 3 years.

Duration: 2 days