

*The following is a sample plan / course contents, timings and duration of sessions are flexible to cater for the needs of each particular group.*

### Day 1

1) **Basic Life Support and first aid revision and assessment**

*Please refresh your memory on this before the course. Candidates must pass this section before continuing on the rest of the course.*

*The guidelines for reference can be found at: <https://www.resus.org.uk/pages/bls.pdf>*

2) **Patient Assessment** / Primary and Secondary surveys using extra equipment & techniques

a) **Safety and Scene Assessment**

b) **Airway** – methods of opening the airway – clearing airway obstructions – manual C-Spine immobilisation – removing helmets – cervical collar application – use of airway adjuncts

c) **Breathing** – neck & chest examination – use of stethoscope & pulse oximeter – Oxygen therapy & assisted ventilation – treatment of chest injuries

d) **Circulation** – distal pulses – blood pressures – finding & treating external bleeding

e) **Disability** – assessing consciousness – Glasgow Coma Scale

f) **Expose, Examine, Environment** – further injuries – functionality of limbs – temperature – insulate & protect – review ABCD

g) **Logroll** – safe movement – hidden injuries – extrication from remote areas

3) **Practical Scenarios** – Patient Assessment & Monitoring

### Day 2

4) **Advanced Life Support** – without controlled drugs

5) **Common Medical Emergencies** – causes of unconsciousness – identification & treatment

6) **Musculoskeletal Injuries** – breaks – fractures – sprains & strains

7) **Mass casualties** – triage – taking control in an emergency

8) **Question Paper** – multiple choice questions to test your knowledge & understanding

9) **Practical Medical & Trauma Scenarios** – to put your skills into practice

10) **Review** – further training – implementation plans

*Many of the topics are often taught outdoors with a practical hands on learning approach. The needs of the group and the weather on the day are taken into account when deciding how each topic is covered.*

*This course is continually assessed avoiding the need for a formal final assessment.*