

Course Description

Mountaineering First Aid



Training Expertise



Remote
Emergency
Care

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Registered in England as Wilderness Expertise Training Ltd at Priory House,
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Level 2: Mountaineering First Aid

What is it?

A two-day practical first aid course designed for people involved in mountaineering or climbing activities either as leaders or as general enthusiasts. This course fulfills the requirements for first aid training for the MLTUK awards. The course is delivered by trainers with experience in mountaineering or climbing and wilderness medicine.

Do I need to have learned first aid before?

No – this is an entry-level course.

Where will the course take place?

The training is designed to take place in the Mountains in the UK to provide as realistic environment for practicals and scenarios as possible. Typical venues could be at your Club's Mountain Hut or a suitable training venue with access to the Hills anywhere in the UK.

What do you need provide?

A training venue and all your personal equipment and climbing kit that you use in the Mountains.

Course Outline

Day 1

- Introduction
- Incident management: juggling environmental, patient and rescue factors while keeping everyone safe
- Assessing consciousness and helping unconscious patients
- Airway problems (choking and asthma)
- Breathing problems (hyperventilation)
- Circulation problems (serious bleeding, shock and anaphylaxis)
- Heart disease (angina and heart attack)
- CPR (including discussion of resuscitation in wilderness environments)
- Dealing with trauma

Day 2

- Patient assessment and history-taking
- Communication
- Sprains and strains
- Fractures and dislocations
- Head and spinal injuries
- Wounds and trauma
- Hypothermia
- Dehydration and hyperthermia
- Burns (including sunburn and snow blindness)
- Medical problems (epilepsy, diabetes, stroke)
- Dealing with multiple patients (triage)

Do I get a certificate?

Yes – you will be issued a certificate valid for 2 years, certified by Remote Emergency Care (see www.remoteemergencycare.com for details).

Who should I contact?

To find out more, contact the Training Expertise team on info@training-expertise.co.uk or 01344 774430.

