

## Course Description

## Remote Emergency Care Level 2 First Aid



# Training Expertise



Registered in England as Training Expertise Ltd at Priory House,  
45-51 High Street Reigate, Surrey, RH2 9HE. Registered No 04051857

Training Expertise  
The Octagon  
Wellington College  
Crowthorne  
Berks  
RG45 7PU

01344 774430

[www.training-expertise.co.uk](http://www.training-expertise.co.uk)

## Level 2: Outdoor First Aid

### What is it?

A two-day practical course designed for outdoor instructors and enthusiasts and those who work in remote environments. This course fulfills the requirements of the major outdoor National Governing Bodies for first aid training (e.g. MLTUK, BCU). The course is delivered by outdoor people for outdoor people, and will involve plenty of outdoor scenarios.

### Who's it for?

Aimed at outdoor professionals and enthusiasts, the course covers both life-saving skills and also care for more common problems that happen in the outdoors, such as blisters, dehydration and hypothermia.

### Do I need to have learned first aid before?

No – this is an entry-level course.

### How long does it last?

Two days. Training typically runs from 9am until 5.30pm each day.

### What does it cover?

- Scene management and personal protection
- Legal considerations
- The ABCDE of first aid
- Dealing with unconscious patients
- Airway management and The Safe Airway Position
- Choking and asthma
- Serious bleeding
- Burns
- Managing head and spinal injuries
- Cardiopulmonary Resuscitation
- Cardiopulmonary Resuscitation in the wilderness
- Management of shock, including anaphylaxis and the use of the EpiPen
- Vital signs and patient monitoring
- Fracture management
- Wound management – cuts, grazes, road rash and blisters
- Diabetes and dealing with low blood sugar
- Hypothermia
- Dehydration and hyperthermia
- Heart disease
- Seizures and stroke
- Drowning

### 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](http://www.remoteemergencycare.com) for details).

### Who should I contact?

To find out more, contact the Training Expertise team on [info@training-expertise.co.uk](mailto:info@training-expertise.co.uk) or 01344 466390.