

Course Description

Remote Emergency Care Level 4 (Expedition) First Aid



Training Expertise



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Level 4E: Expedition First Aid

What is it?

This is a two-day course designed for outdoor instructors and enthusiasts leading or participating in expeditions in remote locations.

Who's it for?

Training is designed for people going on expedition who have standard expedition first aid equipment with them (as opposed to rescue team equipment). Emphasis is on being self-reliant, improvisation with the kit that you have, and dealing competently with both life-threatening and run-of-the-mill situations.

Do I need to have learned first aid before?

Yes – you must have done a 16-hour basic first aid course within the last 3 years.

How long does it last?

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

What does it cover?

- Patient monitoring (including blood pressure measurement)
- Advanced fracture management and splinting (using assorted splints and improvisation)
- Spinal management and transportation
- Automated External Defibrillation
- Awareness of limitations of AED use in the wilderness
- Fluid therapy in the wilderness
- Hypothermia (advanced)
- Communication and recording
- Altitude illness
- Animal-related illness (bites and stings)
- Food and hygiene-related illness
- Frostbite
- Snow-blindness
- Wound care
- Heat illness and hyperthermia

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 466390**.