

Course Description

Remote Emergency Care Level 5 (Expedition) First Aid



Training Expertise



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Level 5E: Wilderness Expedition

What is it?

This is a two-day course designed for outdoor instructors and enthusiasts leading or participating in remote expeditions. This course complements the Remote Emergency Care level 4E (Expedition) course. Training includes plenty of hands-on practical and scenario sessions.

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 completed the Remote Emergency Care level 4E (Remote Expedition) course within the last 2 years.

How long does it last?

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

What does it cover?

- Managing shoulder dislocations
- Assessing ankle fractures
- Communication to an on-call doctor
- Advanced incident management including multiple patients
- Patient packaging
- Extended triage
- Long term care and evacuation
- Helmet removal
- Cervical collar application
- Medical gases awareness training
- The use of drugs on expedition (including injectable drugs)

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**.