

Joining Instructions

(Milngavie,
Glasgow)



Training Expertise



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JOINING INSTRUCTIONS

Thank you for considering a Training Expertise Course. The information below should give you some background information about the Remote Emergency Care courses and enable you to prepare.

Level 2:

Outdoor First Aid

A two or three-day course that is recognised by the MLTUK, BCU, RYA and other outdoor governing bodies. On this course we focus on dealing with incidents far from medical help with the minimal equipment you would carry while participating in or leading outdoor activities. Again the emphasis is on practical skills with plenty of hands-on practice including lots of outdoor scenarios. This course can be tailored to the requirements of special interest groups, for example climbers, mountain leaders, paddlesports instructors or divemasters.

Level 3:

First Aid at Work (HSE)

This three-day course is suitable for those requiring full Health and Safety Executive first aid training for the workplace and covers the appropriate syllabus for first aiders at work. This course trains the first aider to manage an incident until professional medical care arrives. Covering all the topics outlined for level 2, the subjects are explored in more depth, with an emphasis on gaining a good understanding of the fundamental principles. This course also covers the legal aspects of first aid as applied to the workplace.

Level 4:

This two-day course is designed for those playing or working in remote areas and builds on previous training. In order to provide tailored content, participants choose to specialise in either *Rescue* or *Expedition* streams. In order to attend a level 4 course, participants are required to have completed a Remote Emergency Care level 2 course (or equivalent) within the last two years.

4R: Remote (Rescue)

Ideal for rescue teams, or expeditions carrying rescue kit, this stream includes the use of medical equipment such as airway devices, suction, C-spine collars and spinal boards. Advanced techniques such as drug administration, helmet removal and use of medical gases are also covered. AED (defibrillator) training is included in this course.

4E Remote (Expedition)

This stream is designed for expedition leaders operating in remote areas with standard expedition first aid kits and drug packs. The course includes topics such as wound care, hydration, altitude illness, frostbite, insect and animal bites, and commonly encountered tropical diseases. AED (defibrillator) training is included in this course.

Level 5:

This two-day training complements the level 4 course to provide the participant with comprehensive wilderness medical care skills. Training includes the use of an on-call doctor, reduction of dislocated shoulders, ankle assessment, advanced incident management and evacuation management. Again, training is tailored into *Rescue* or *Expedition* streams. In order to attend Level 5 training, participants are required to have completed the appropriate level 4 stream within the last two years.

5R Wilderness (Rescue)

This stream includes training in the paramedic-assist role, including assisting with IV cannulation, advanced airway management and pulse oximetry.

5E Wilderness (Expedition)

This stream includes training in techniques such as drug administration, cervical collar application, helmet removal and the use of medical gases.

COURSE INFORMATION

Course Timings

The course will run between **09:00 to 17:30 hrs** on each day. Please ensure you arrive for a prompt start at 09:00 hrs. There will be several breaks for refreshments and lunch will be at approx. 12.00 each day.

The Venue:

The course will be held at Esporta, Milngavie, nr Glasgow, G62 8HJ. We also have access to the surrounding area for practical outdoor scenarios. Directions are enclosed.

Food and Refreshments:

Tea, coffee and refreshments are available at the Esporta Club café. Lunch can be purchased at the café also. Please note this is not included in the course fee.

The Trainers:

We use only the highest quality trainers. They come from a variety of backgrounds: from Accident and Emergency Doctors to Nurses and Paramedics. Their experience in the pre-hospital setting is extensive and this combined with innovative training techniques ensure learning is optimal and fun.

The Equipment:

The cost of the course includes course notes as well as all the necessary practice materials (tape, bandages, syringes, needles, etc). Please bring a supply of paper, pens, highlighters etc. To enable the training to be specific and tailored to your activities please bring details of your medical equipment, casualty evacuation and expedition outline (if applicable). In addition, we welcome you to bring any basic safety equipment and medical kits you use.

Clothing:

The course involves practical scenarios outside, therefore warm comfortable clothes and waterproofs are required. You may be rolling around in the mud!

We very much look forward to meeting you on the day. Until then if you have any further questions regarding the course please don't hesitate to contact us.

Kind Regards,

The Training Expertise Team.

USEFUL LINKS

BACKGROUND READING

Levels 1-3:

NOLS Wilderness Medicine. Tod Schimelpfenig (ISBN-10: 0811733068)

First Aid at Work - Health & Safety (first aid). Regulations 1981 and Guidance HSE Publication, PO Box 1999, Sudbury, Suffolk CO10 6FS. Outlines correct protocols and legal situations.

First Aid Manual, Eighth Edition. A.K. Marsden, Dorling Kindersley Publishers (ISBN 0-75133-704-8). Basic Urban First Aid Manual.

Levels 4 and 5:

Practice Guidelines for Wilderness Emergency Care. William W Forgey: Wilderness Medical (ISBN-10: 0762741023)

Wilderness Medicine – Beyond First Aid. William W Forgey (ISBN-10: 076270490X)

Levels 4 (Expedition) and 5 (Expedition):

Field Guide to Wilderness Medicine. Paul S Auerbach: (ISBN-10: 0323018947)

Expedition Health and Safety, Course Notes. Expedition Advisory Centre, 1 Kensington Gore, London, SW7 2AR

Expedition Medicine. Royal Geographical Society, 2nd Edition (ISBN 1-86197-434-5)

Oxford Handbook of Clinical Medicine. Third Edition, R.A. Hope, Oxford University Press (ISBN 0-19-262988-3)

Wilderness and Rural Life Support Guidelines. R.J. Koester, DBS Publications (ISBN 1-879471-02-7)

EQUIPMENT SUPPLIERS

Equip-Me for bespoke expedition/outdoor medical kits and general expedition kit hire.

www.equip-me.co.uk

Kim Hurley

kim@equip-me.co.uk

07802 450115

ACCOMODATION IN MILNGAVIE

Laurel Bank (0.2 miles), 96 Strathblane Road, Milngavie, Glasgow G62 8HD

Tel: 0141 584 9400

Email: adam.96@ntlworld.com

Prices from £35.00

Cairns Drive (0.6 miles), 16 Cairns Drive, Milngavie, Glasgow G62 8AJ

Tel: 0141 956 3394

Email: paulaston@aberko.com

Prices from £33.00

Best Foot Forward (0.9 miles), 1 Dougalston Gardens South, Milngavie, Glasgow G62 6HS

Tel: 0141 956 3046

Email: enquiries@bestfootforward.eu.com

Prices from £45.00

Premier Inn Glasgow (Milngavie) (1.1 miles), 103 Main Street, Milngavie, Glasgow G62 6JQ

Tel: 0871 527 8428

Prices from £29.00

Premier Inn Glasgow (Bearsden) (1.5 miles), 279 Milngavie Road, Bearsden, Glasgow G61 3DQ

Tel: 0871 527 8418

Prices from £29.00

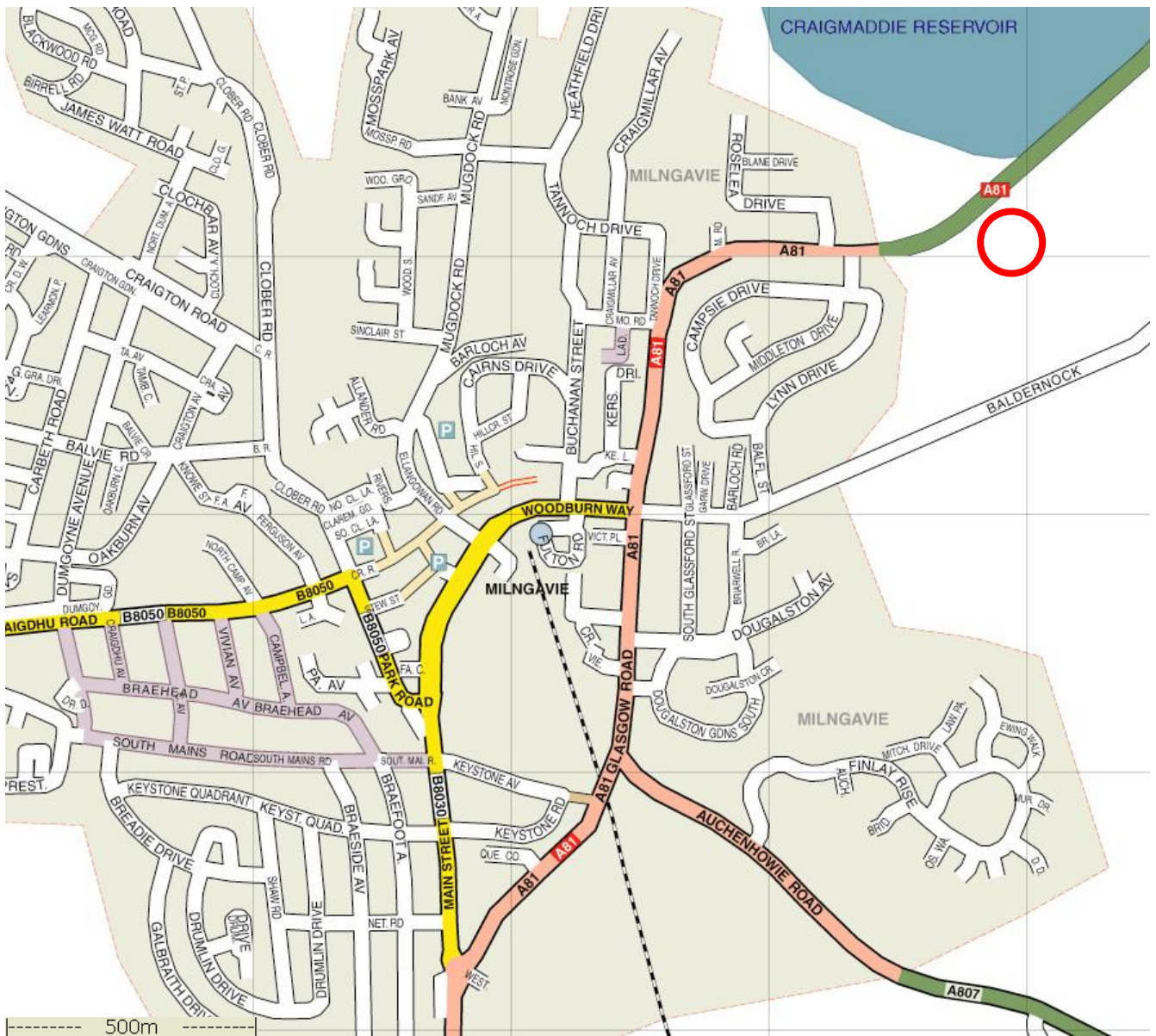
Drumlin Guest House (1.6 miles), 93 Drumlin Drive, Milngavie, Glasgow G62 6NF

Tel: 0141 956 1596

Prices from POA

Please feel free to contact us with comments on your stay so that we are able to advise and recommend accommodation to future participants. Comments to info@training-expertise.co.uk please.

DIRECTIONS TO ESPORTA MILNGAVIE



By road: From the M8 westbound

- Take junction 16. Drive down the slip road to the traffic lights. Turn right under the M8, then immediately bear left on the A879 towards Milngavie.
- Follow the road straight over a mini roundabout, then bear left at a set of traffic lights. Follow the road past converted mills to another set of traffic lights at a Chinese supermarket – go straight over.
- Continue along the A879 for about 4 miles, over several sets of traffic lights. You will leave the built-up area.
- Enter a roundabout and take the second exit, A807 (Auchenhowie Road) to Milngavie.
- After 1.3 miles, at a set of traffic lights, bear right onto the A81 (Glasgow Road) towards Strathblane.

By road: From Glasgow Airport (M8 eastbound)

- Take junction 25 on the A739 to the Clyde Tunnel
- Continue on the A739 for about 2 miles, following signs for Anniesland
- At Anniesland Cross, recognisable by a large road junction and a tall tower block, go straight over, following signs for Bearsden on the A739
- Continue for about 1.4 miles to a roundabout (Canniesburn Toll). Go straight over, following signs for Milngavie on the A81.
- Go straight over the next set of traffic lights (by a large Asda)
- At the roundabout, fork right on the A81 towards Strathblane
- Continue under the railway, going straight on at the traffic lights
- At the next set of traffic lights, go straight over. Continue for about 800m on the A81 towards Strathblane. The entrance to Esporta is on your right.

By train: Services run to Milngavie from Glasgow Central and Glasgow Queen Street Stations

- From the station take Station Road to the traffic lights, in the direction away from Tesco.
- Turn left at the traffic lights, following signs for Strathblane on the A81.
- Follow the A81 for about 800m. The entrance to Esporta is on your right.

