

Joining Instructions

(Milton Keynes)



Training Expertise

in conjunction with



WildernessCare.co.uk
First Aid Training for the Outdoors



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JOINING INSTRUCTIONS

Thank you for considering a Training Expertise/Wilderness Care 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** on each day. Please ensure you arrive for a prompt start at 09:00. There will be several breaks for refreshments and lunch will be at approx. 12.00 each day (lunch not provided).

The Venue:

The course will be held at **MK SNAP, Walnut Tree, MILTON KEYNES, MK7 7DE**. We also have access to the surrounding grounds for practical outdoor scenarios. Directions are enclosed.

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.

Lunch and Refreshments:

Coffee, tea and refreshments will be provided as part of the course. However, please bring a packed lunch each day or money to purchase lunch at the local shops.

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 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 NEAR MK SNAP, MILTON KEYNES

Costs are per person per night. (Travel times of between 5-25 minutes)

Premier Inn Milton Keynes South (1.7 miles)

Lakeside Grove, Bletcham Way, Caldecotte, MILTON KEYNES, MK7 8HP

Tel: 0871 527 8780

Prices from £52 per room per night

Mercure Milton Keynes Parkside Hotel (2.3 miles)

Newport Road, Woughton on the Green, MILTON KEYNES, MK6 3LR

Tel: 01908 661 919 or e-mail: H6627-re@accor.com

Prices from £59 pppn

Woodleys Cottage (2.8 miles)

The Granary, Woodleys Farm, Bow Brickhill Road, Woburn Sands, MK17 8DE

Tel: 01908 281 460 or e-mail: info@WoodleysCottage.co.uk

Prices from £40 pppn

The Old Stables Guest House (2.8 miles)

The Old Stables, Woodleys Farm, Bow Brickhill Road, Woburn Sands, MK17 8DE

Tel: 01908 281 340

Prices from £48 pppn (including breakfast)

Premier Inn Milton Keynes East Willen Lake (3.9 miles)

Willen Lake, Brickhill Street, MILTON KEYNES, MK15 9HQ

Tel: 0871 527 8778

Prices from £53 per room per night

Travelodge Milton Keynes Central Hotel (6.1 miles)

199 Grafton Gate, MILTON KEYNES, MK9 1AL

Tel: 0871 984 6199

Prices from £29 per room per night

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 VENUE

Address: MK SNAP, 20 Bourton Low, Walnut Tree, MILTON KEYNES, MK7 7DE

For a detailed map please log on to www.googlemaps.com. Enter the postcode **MK7 7DE**.

BY CAR:

From the South take Junction 13 of the M1, take second exit of the roundabout on to the A421 for Milton Keynes. At the second roundabout take second exit H9, over the first roundabout, and at the next roundabout turn left first exit on to the V10, down to the roundabout, turn left first exit on to H10 and then approximately 200 yards turn left into Bourton Low - MK SNAP is on the left hand side.

From the North take Junction 14 of the M1, take the third exit onto H6, at first roundabout take first exit continue to the roundabout, take third exit onto H9 over the first roundabout, and at the next roundabout turn left first exit on to the V10, down to the roundabout, turn left first exit on to H10 and then approximately 200 yards turn left into Bourton Low - MK SNAP is on the left hand side.

Free parking available however, there is an overflow parking area adjacent to our building beside the sports field pavilion.

BY TRAIN AND BUS:

Milton Keynes Central Station: MK SNAP is approximately 4 miles from the station. We suggest you take a taxi from the station as it is only a ten-minute drive.

Bletchley Station: MK SNAP is approximately 2 miles from Bletchley. We suggest you take a taxi from the station as it is only a five-minute drive.

If coming by bus: MK SNAP, Bourton Low, Walnut Tree is on bus routes 8/8a (every 15 minutes) These buses all run from Bletchley/Walnut Tree to Tattenhoe via Centre MK



CONTACTS FOR TRAINING EXPERTISE

Please don't hesitate to get in touch if you have any further queries.

You can also visit our website for further information at:

<http://www.training-expertise.co.uk/>

Email: info@training-expertise.co.uk

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Mobile 07764 894470 (Training Expertise Office)
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