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Outdoor First Aid Course at Hilltop, University of Cumbria, Ambleside

Course will start promptly at 9am and finish at 5pm. (Your trainer for the two days will be [Peter Cunningham](#). Our course is a 'hands on' and practical experience! We encourage full participation from our students and we will expect you to assess, treat and simulate examination of each other both as victims and rescuers. Course is approved by [Active Aid](#) (HSE Approval number 40/07) and certificates will be valid for three years.

Morning session will be from 9am until 12-45pm with a 15 minute coffee break at 10-30am

Afternoon session will be from 1-30pm until 5pm with a 15 minute break approx 3pm.

Limited coffee and food on campus. –vending machines etc

Introduction to the course.

We intend to give you safe, systematic and simple approach to dealing with potentially stressful First Aid situations. We focus on safety, what is and is not possible with Basic 1st Aid, and encourage a casualty centred, caring approach. The first day is mainly spent indoors. The second day we take our new learned skills (or old ones refreshed) outside in the afternoon. Please bring suitable old clothes to enable you stay warm, dry and comfortable whilst be mock casualties for each other on both days

Course contents

- Cardio pulmonary resuscitation
- Care of unconscious casualty
- Fractures
- Spinal injury
- Sprains/strains
- Anaphylaxis
- Asthma
- Severe bleeding
- Choking
- Diabetes
- Heart conditions
- Stroke
- Effects of extreme temperature
- Head injuries

Safety

We are all expected to behave in a safe and reasonable manner towards the trainers and each other. This course is active and practical. If at any time you feel uncomfortable or in danger please stop and ask the trainer for guidance. If there are any medical reasons or injuries that could affect your performance, please bring them to the attention of the trainers at the beginning of the course. Always use the kneeling mats to protect your knees, safe lifting to protect your back and always assess your own safety first. Personal hygiene, especially wiping manikins down properly, is essential to protect your health.

Complaints

To eliminate problems, discuss your concerns with your trainer in the first instant. Minor problems may be best addressed by appropriate comments on the course evaluation sheets.

Should you still feel that the course has not met your needs, that there was discrimination, bias or that you were unfairly treated, you can contact Active Aid, to which all complaints can be taken:-

admin@activeaid.co.uk

or 08716 629 261

Peter Cunningham

learning through experience

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