

First Aid

We have developed first aid courses specifically aimed at outdoor activities, these have a good practical basis and cover the needs of first aid in remote areas.

The two day course meets the requirements of the MLTUK for ML, WGL and SPA courses.



ONE DAY ACTIVITY FIRST AID COURSE

This course is intended for **those who are taking part in** or supporting a group leader on adventure or activity outings.

It is designed for students from the age of 14, members of activity and youth groups.

It will familiarise students with the procedures to deal with conditions specific to leisure and adventurous outdoor activities.

The programme includes :-

The role of the first aider.

First aid priorities

Dealing with an unconscious casualty.

Minor injuries ~ bites, stings, bleeding, blisters, burns.

Major injuries ~ Bones, bleeding, burns.

Extremes of temperature.

General conditions ~ Asthma, Seizures, Low blood sugar

Practical scenarios.

On completion a certificate of attendance will be issued by the Moorland Adventure / 1st Aid 4 All

Course Dates

We can organise the 1 and 2 day courses to suit your timings, contact Peter to arrange a course.

Cost £54.00 per person per day

The courses will take place at Buxton Mountain Rescue Team base in Doveholes
A minimum of 4 participants is required for the course to run. If the numbers are not reached a full refund will be given.

Other courses will be available later in the season, check the website for updates.

TWO DAY ACTIVITY FIRST AID COURSE

This course is intended for **those who have responsibility for** taking groups of people on adventure or activity outings.

It is designed for leaders and members of activity and youth groups catering for students from the age of 10.

It will familiarise leaders with the procedures to deal with conditions specific to leisure and adventurous outdoor activities.

This course meets the requirements of the MLTUK for ML, WGL and SPA courses

The programme includes:-

The role of the first aider

Extremes of temperature

Group management and managing the scene of an incident.

Dealing with an unconscious casualty

Asthma, Seizures, Low blood sugar, meningitis

Bites and stings, choking, poisons

Chest pain, stroke

Burns and bleeds.

Strains and sprains. Bone, muscle and joint injuries

CPR

Record keeping

On completion a certificate of attendance will be issued by Moorland Adventure / 1st Aid 4 All.



Course Dates

We can organise the 1 and 2 day courses to suit your timings, contact Peter to arrange a course.

Cost £105.00 per person

The courses will take place at Buxton Mountain Rescue Team base in Doveholes. A minimum of 4 participants is required for the course to run. If the numbers are not reached a full refund will be given.

Other courses will be available later in the season, check the website for updates.