

Course Title:

Outdoor First Aid

Duration:

2 day (16 hours)

Description:

This course is suitable for anyone who requires a first aid certificate to achieve an outdoor qualification, e.g. Scottish Cycling awards, Mountain Leader award etc. The course meets the requirements of many of the awarding bodies and can be tailored to specific needs where necessary.

Course contents:

- Action at an incident
- Management of an unconscious casualty
- Resuscitation
- Treatment and control of bleeding
- Treatment of injuries to bones, muscles and joints
- Recognition and treatment of shock
- Treatment of choking
- Recognition and treatment of common illnesses
- Contents of first aid kits

Assessment and certification:

A final practical summative assessment requiring candidates to deal with a number of unknown incidents in an outdoor environment followed by a written test of underpinning knowledge is required. Successful students will receive a certificate which is valid for 3 years.

Start time: 0900

Finish Time: 1700

What to bring

- Warm clothing which you can roll on the ground inside and outside in
- Packed lunch
- Pen
- Outdoor clothing (sturdy shoes, waterproofs, fleece)
- Towel

Training Venue

Moray Firth Watersports Association,
West Beach,
Lossiemouth
IV31 6SP
Free parking at training venue.

Accommodation nearby

Hotel:

The Skerry Brea Hotel
Stotfield Road
Lossiemouth
Moray IV31 6QS
T: 01343 812040 | E: skerrybrae@gmail.com
Web: www.skerrybrae.co.uk

B&B:

Links Lodge,
Lossiemouth,
Moray,
IV31 6QS
T: 01343 813 815 | E: linkslodge@hotmail.co.uk
Web: www.linkslodge.co.uk

Camping:

East Beach Caravan Park
Lossiemouth
Moray
Scotland
IV31 6NW
T: 01343 813980 | E: info@lossiemouthcaravans.co.uk
Web: www.lossiemouthcaravans.co.uk

Getting There

Closest train station: Elgin, there is a very regular bus service from Elgin to Lossiemouth.

Closest airport: Inverness Airport 1hr drive to Lossiemouth, (Aberdeen airport is 1.5 hours drive)
There is a regular train service from both airports to Elgin.

Closest bus station: Elgin, 10min bus ride from Lossiemouth.

Equipment Hire:

If you are travelling and are unable to bring all your own equipment, you can hire it from H2O Training. Please contact for more details.