

Mountain Rescue Advanced 1st Aid

Course timetable.

Attendance at every module is compulsory.

DAY 1.

- 09.30 Multiple choice paper.
- 10.00 Anatomy and Physiology.
- 11.00 Basic life support.
- 12.30 BLS assessment. Pass is essential to continue the course.
- 13.30 Lunch.
- 14.00 **Workshops.**
- Head injuries
 - Spinal injuries
 - Soft tissue injuries
 - Cervical collars, Sphygmomanometer Thermometer
 - Pulse Oximeter Oxygen mask and cylinder
 - Splinting and packaging
 - Radios
- 16.00 Scene and Casualty assessment
- Primary and secondary survey
- 16.30 Trauma and shock.
- 17.00 Review of day.

DAY 2.

09.30	Scenarios Enviromental, trauma and shock problems
10.15	Medical conditions
11.00	Scenarios with above
12.00	Guidelines and scenarios
13.00	Lunch
14.00	Post traumatic stress
14.20	Triage plus scenarios....multiple casualties
15.30	Final assessment....Multiple choice paper