

Adventure First Aid Syllabus

Thank you for using Do-Cornwall as your Adventure First Aid Training provider, below you will find the Syllabus for your chosen course. The course will run for a total minimum of sixteen hours, during this time you will be asked to complete sections of learning and practice in order to demonstrate understanding and competence in the areas listed below.

In an adventure based environment you are likely to be called upon to administer first aid in places less accessible to emergency services, requiring you to remain with a casualty for longer and monitor their condition. With this in mind, wherever possible the practice will be performed in the outdoors under less than optimal conditions, with improvisation and problem solving creating an integral part of the course.

As per the content of an Emergency First Aid at Work course (L2):

- Roles and Responsibilities of the First-Aider, including reference to:
- The importance of preventing cross-infection;
- The need for recording incidents and actions;
- Use of available equipment;
- Assessing the situation and circumstances in order to act safely, promptly and effectively in an emergency;
- Administering First Aid to a casualty who is unconscious (including seizure);
- Administering cardiopulmonary resuscitation;
- Administering First Aid to a casualty who is choking;
- Provide appropriate First Aid for minor injuries (including small cuts, burns, scalds and splinters)
- Administering First Aid to a casualty who is suffering from shock;

In Addition the following areas may be covered according to need:

- Injuries to bones, muscles and joints, including suspected spinal and head injuries;
- Major and Catastrophic Bleeding
- Crush injuries
- Eye injuries
- Bites and stings
- Anaphylactic shock
- Drowning
- Monitoring a casualty
- Recognise the presence of major conditions and provide appropriate first aid (including, : Heart Attack, Stroke, Asthma & Diabetes, Hypothermia, Heat Exhaustion)
- Improvising
- Casualty care and preparing for rescue
- Risk Assessments, Environment and Additional Equipment

Points for discussion may generate further content within the course structure.

Do-Something
While you're here

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