

# Outdoor First Aid/Mountain Bike

(2 day (16Hr))



Courses available for individuals (Open Courses) or Groups at their own venue.  
Discounts available for groups.

Regular courses - nationwide.

## KEY POINTS

### 1.1 SUITABLE FOR

Outdoor professionals and enthusiasts. Ideal for teachers, trainers & instructors or any person with a Duty of Care to people in their charge. The course is designed to satisfy the rigorous requirements of all professional outdoor instructors/leaders of all disciplines ie Mountaineering, Mountain Biking, water based activities etc. However this course is also very popular with those spending their leisure time in the outdoors.

### 1.2 RECOGNISED BY

The course satisfies the first aid requirements of the Outdoor National Governing Bodies for their instructor awards (NGB's). Suitable for MLTB, SMBLA, SPA, BCU, RYA, BOF, MIA, MIC etc.

## OUTDOOR FIRST AID / MOUNTAIN BIKE

With the Outdoor First Aid / Mountain Bike environmental context firmly at the fore of this course, it is easy to understand why this course is so popular with many outdoor professionals as well as those who prefer to spend their leisure time in the outdoors.

Vital Signs have developed this course specifically for the outdoor environment & the course has become very popular.

This popularity is in no small way due to the interactive hands on training which is the hallmark of the course.

The course satisfies the first aid requirements of the Outdoor National Governing Bodies for their instructor awards (NGB's). Suitable for **MLTB, SMBLA, SPA, BCU, RYA, BOF, MIA, MIC** etc.

Ideal for teachers, trainers & instructors or any person with a Duty of Care to people in their charge.

### THE TRAINING PACKAGE

2 x 8 hour sessions - 2 days.

Interactive hands on practical training delivered by highly experienced trainers with great practical experience of casualty care in remote areas.

One CPR training manikin per 2 participants

Easy to follow individual course booklet specifically written for the outdoor professional/enthusiast

A recognised certificate valid for 3 years.

### TEACHING ELEMENTS

- a. The recognition & Monitoring of the signs of life - Vital Signs
- b. A memorable and recallable systematic method of dealing with any incident.
- c. Managing the unconscious casualty.
- d. Treating external bleeding.
- e. The recognition & treatment of shock.
- f. CPR and blocked airway resuscitation.
- g. Treating the most common injury. Sprains, strains, fractures and dislocations.
- h. Recognition and treatment of head/brain injuries.
- i. How to manage the spinal injury.
- j. Major injuries. Chest, Abdomen, Pelvis, Femur.
- k. Burns.
- l. Common Medical emergencies including - Diabetes, Anaphylactic Shock, Asthma, Stroke, Epilepsy.
- j. Obtaining a history - 90% of diagnosis is history! We need to be good at it!
- k. Mechanism of injury.
- l. 4 hours of realistic outdoor scenarios.

### DURATION:

2 days - 16 Hours.

Typically 0900 -1800 hrs.

**DATES:** see website for the latest courses.

### COST - INDIVIDUALS :

£120.00.

**COST - GROUPS:**

Discounts available. Please contact us for more information.

**PREVIOUS EXPERIENCE:**

None required

**WHAT DO I NEED TO BRING?:**

A pen, outdoor clothing, I/D and yourself! You may wish to bring a packed lunch.

**WHO IS THE COURSE SUITABLE FOR?**

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**HOW DO I BOOK?**

Download a Booking Form from the **Downloads** section of our website and return it with your payment. You can pay with a cheque, cash or BACS. Alternatively you can book online & pay with a Credit/Debit Card using PayPal. If you prefer, I can send you all course details via traditional post.

**PRE-COURSE INFORMATION**

This Information may be viewed and downloaded from our website.

If you have any questions you may find your answer here or alternatively, do not hesitate to contact us.

Regards.

**Nick Green**

**Senior Trainer**

**Vital Signs First Aid Training**

**STILL UNSURE?**

Please do not hesitate to contact us to discuss your requirements.

Office: (01931) 712509

Mobile: (07968) 608907

E-Mail:

[vitalsignsfirstaid@mac.com](mailto:vitalsignsfirstaid@mac.com)

**GROUPS**

Major discounts available for 10 or more delegates at your own venue.