

OUTDOOR FIRST AID

1. Introduction to First Aid

- The role of a first aider
- Legal considerations in outdoor first aid
- Basic principles of first aid (DRABC – Danger, Response, Airway, Breathing, Circulation)

2. Assessment of the Casualty

- Primary and secondary surveys
- Scene safety and risk assessment
- Casualty history and vital signs

3. CPR and Resuscitation

- Cardiac arrest recognition
- Performing CPR (Adult, Child, Infant)
- Use of an Automated External Defibrillator (AED)

4. Choking

- Treatment of a conscious casualty
- Treatment of an unconscious casualty

5. Wounds and Bleeding

- Types of bleeding (arterial, venous, capillary)
- Controlling external bleeding (direct pressure, dressing, bandages)
- Wound care and infection prevention

6. Shock

- Recognising signs and symptoms of shock
- Treatment for different types of shock (hypovolemic, anaphylactic, etc.)

7. Fractures and Musculoskeletal Injuries

- Recognising and managing fractures (splinting techniques)
- Dislocations and sprains
- Principles of immobilisation

8. Burns and Scalds

- Types of burns (thermal, chemical, electrical)
- First aid for burns (cooling, dressing)
- Treatment for scalds

9. Head, Neck, and Spinal Injuries

- Identifying head, neck, and spinal injuries
- Basic management (including the recovery position)
- Immobilisation techniques

10. Medical Emergencies

- Managing asthma attacks
- Heart attack and stroke recognition
- Seizures and epilepsy

11. Environmental Injuries

- Recognising and managing heatstroke and hypothermia
- Dealing with sunburn, frostbite, and heat exhaustion

12. Poisoning

- Signs and symptoms of poisoning
- First aid for ingested, inhaled, or absorbed poisons
- Use of activated charcoal and hospital referral

13. Eye, Ear, and Nose Injuries

- First aid for eye injuries (foreign objects, abrasions, burns)
- Treating ear injuries (punctures, bleeding, infection)
- Managing nosebleeds and nasal injuries

14. Minor Injuries and Illnesses

- Treatment for cuts, abrasions, and bruises
- Sprains, strains, and muscle injuries
- First aid for common outdoor injuries

15. First Aid Kit and Equipment

- Contents and use of an outdoor first aid kit
- Basic medical equipment and tools for outdoor environments
- Appropriate use of medical supplies in outdoor emergencies

16. Incident Reporting and Record Keeping

- Incident reporting procedures for outdoor first aid
- Maintaining records of accidents and injuries
- Legal and regulatory considerations in outdoor first aid