

Wilderness First Aid Course

6/7th Dec at Grasmere Sports pavilion.

Our Wilderness First Aid course is designed specifically for pilots, guides and instructors.

The course is run by Jocky Sanderson (Keswick Mountain Rescue team member & NHS First Responder)

Dealing with a paragliding accident can be challenging;

injuries may be severe, locations remote and equipment limited

In this two-day First Aid course designed specifically for paraglider pilots, guides and instructors, we will build on your knowledge and skills to give you confidence in these stressful situations. We focus on diagnosis, treatment and dynamic group management, across many scenarios.

This 2 day/16hours course (£130) is ideal for people operating in remote locations.

Courses are BHPA approved and the certification is valid for 3 years. It is also recognised by other national associations.

First Aid Training : Stage I

Preparation and Prevention

Accident prevention

The paragliding environment (sun, cold and high altitude)

First aid kits

Accident simulations & analysis

Scenarios

First Aid Training : Stage II

Scene Management

Scene safety

Group dynamics

Communication

Working with rescue services

First Aid Training : Stage III

Casualty Care

Basic life support

Securing & moving casualties

Assessment

Haemorrhage control

Airway management

Spinal injuries

Pain management

Medical Emergencies

Trauma emergencies

CPR in the wilderness

First Aid Training : Stage IV

After an Incident

Follow up and debriefing

Insurance and repatriation

Planning & prevention