



## Mountain Trauma First Aid Modules 1 and 2



This course is designed for people who have an interest in or work in a mountainous or moorland environment where help is more than 30 minutes away. It is a basic first aid course that looks at illness and injuries associated with a mountainous environment. This is an ideal course for MLTE candidates.

### DAY 1

0900 - 0920	Course Administration and Introductions.
0920 - 1000	Hazards and dangers Accident procedure Getting expert help Primary Assessment (ABCs)
1000 - 1020	Recovery position
1020 - 1040	Break
1040 - 1130	Basic Life Support
1130 - 1230	SAMPLE survey Vital Signs and Handover report
1230 - 1315	Lunch
1315 - 1400	<u>Outdoor Exercise</u> Management of unconscious casualty Secondary Assessment
1400 - 1445	Control of Bleeding Clinical Shock
1445 - 1500	Burns Lightning Injury
1500 - 1515	Break
1515 - 1620	<u>Major Trauma</u> Chest Injuries Abdominal Injuries Head Injuries
1620 - 1700	Spinal Log roll
1700 - 1730	Debrief

## DAY 2

0845 – 0900	Tea/coffee
0900 – 1045	Practical workshop Basic Life Support Assessment
1045 – 1100	Break
1100 – 1120	Theory Paper
1120 – 1210	Hypothermia Cold Injuries Homework topic presentations
1210 – 1230	Management of fractures
1230 – 1315	Lunch
1315 – 1730	<u>Outdoor Exercise</u> Management of trauma Incident Management
1730 – 1800	Review of course Debrief

Please note you will require suitable old outdoor clothes and footwear for the outdoor exercises.

### **British Mountaineering Council Advice to Individuals**

Participants in climbing or mountain related activities are aware or reminded of that these are activities with a danger of personal injury or death and that individuals should be aware of and accept these risks and be responsible for their own actions and involvement.