

## First Aid Outdoors

For Duke of Edinburgh's International Award expedition leaders, School Field trip leaders & anyone adventuring in remote, alpine or wilderness areas.



Our **Outdoor First Aid** course is a 16 hour remote first aid course ideal for Duke of Edinburgh's International Award leaders, school field trip leaders and teachers who are working with groups away from school, as well as outdoor enthusiasts.

This two day Outdoor First Aid course is delivered **in English** by the [Alpines Rettungswesen e.V.](#) giving you recognised certification for First Aid in Remote Locations.

The course is based in Lenggries in the Bavarian Pre-Alps, with a mix of indoor theory and outdoor activity for the practical development of skills involving complex incident scenarios. The more you practice, the better you are prepared for an emergency situation and can deliver calmer, purposeful and appropriate first aid.

## Course content

- Vital signs
- Incident management – a systematic approach to managing first aid incidents
- Airway Management – causes and treatment of unconscious collapse. Recovery Position and other Safe Airway Positions
- Breathing Problems – cardiac arrest CPR (Cardiopulmonary Resuscitation), heart attack, angina, choking
- Circulation Problems – Internal bleeding, external bleeding and treatment for shock. Bandaging issues
- Damage – treatment of injury: chest, abdomen, pelvis, leg & arm, including remote improvised techniques
- Head and spinal injuries and helmet removal techniques and spinal management
- Environmental Considerations – hypothermia, hyperthermia and cold injuries
- Common Illnesses – asthma, diabetes and epilepsy
- Animal bites and stings
- Awareness of current regulations
- Triage
- Outdoor incident scenarios

**BOOK NOW!**

Email: [info@4elements.eu](mailto:info@4elements.eu)

Tel: 08851 940 5004

Proud to support

THE DUKE OF EDINBURGH'S  
INTERNATIONAL AWARD  
GERMANY



## COURSE FEES

Booking deadline: 10<sup>th</sup> September 2018

**Standard rate:** €310/ person

**Special rates for schools/ DofEIA licensed organisations:**

€295/ person for 2+ participants from same school/ organisation

### Includes:

- ✓ 2 day – 16 hour course in Outdoor First Aid including English & German speaking trainer from the Alpines Rettungswesen e.V. (Alpine Rescue)
- ✓ Seminar room, training materials, resources, 1st aid booklet, tick removal card
- ✓ Accommodation – halfboard – shared rooms (4 & 6 bed)

### Participant Numbers:

Min: 10      Max: 14

### Confirmation and payment:

- Complete booking form and return to [info@4elements.eu](mailto:info@4elements.eu)
- Booking confirmation and payment information will be sent on upon registration.
- Full course fee due upon booking.

### Not included (available for booking upon request):

- Pre-accommodation & dinner Friday night (from €55/person)



**four elements**  
challenge, explore, discover

### Course centre & accommodation

Jugendherberge Lenggries  
Jugendherbergestr. 10  
83661 Lenggries

Driving time from Munich: 1hr

Train to Lenggries (BRB): 1h30



### Covid-19 Virus & Terms and Conditions – 06.12.2021

As an experienced and responsible adventure organiser, the safety, wellbeing and trust of our clients is and will always be our number one priority. We continue to monitor the situation very closely and try to be as flexible as possible with the current conditions. We will update two weeks before the event. Our cancellation policy remains unchanged: in the event of cancellation by us, the customer will not carry any costs. If a travel warning has been issued for the destination region or entry is not possible (e.g. complete lockdown, border closure), we will cancel the event. The deposit paid will be refunded within 14 days.

However, we cannot carry the risk of a 2G regulation. Therefore if you are not vaccinated and cannot participate in an event or tour due to a 2G rule, you will be subject to the general cancellation conditions. We do not wish to issue a general 2G rule for our trips, but we cannot carry the risk of possible travel restrictions for the unvaccinated. Thank you for your understanding. For further information read our [Terms & Conditions here](#).

4elements UG (Haftungsbeschränkt)

[www.4elements.eu](http://www.4elements.eu)

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