



OUTDOOR FIRST AID

NOV 9-10

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

Gain a recognised certification, delivered in English by Alpines Rettungswesen e.V.

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.

Practice makes perfect - be prepared for emergencies in remote, alpine or wilderness areas, and provide calm, purposeful, and effective first aid when it matters most. This is a hands-on, practical and fun course - with lots of action, scenario training and practice!



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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

REGISTER ONLINE



www.4elements.eu/first-aid-outdoors



Certification given for
16hr Outdoor First Aid
Course - recognised
also for the German
driving licence



LOCATION

Lenggries, Bavarian Pre-Alps

Travel: 1.5hr south of Munich

Base: DJH Lenggries (Youth hostel)



TIMINGS

Start: 09:00 Saturday 9th November

Finish: Approx 15:00 Sunday 10th November

COURSE INCLUDES

- Certified English and German speaking trainer from the Alpines Rettungswesen e.V.
- Course materials and resources
- Recognised course certification for 16hr Outdoor First Aid
- 2 nights accommodation full board, seminar facilities

COURSE FEE

Single fee: €350/ person

School multiple bookings (4+): €325,00/ person

Min: 10 **Max:** 12



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ALPINES RETTUNGSWESEN E.V.

Alpines Rettungswesen e.V. is a First Aid training organisation based in the Bavarian Alps. We have partnered with them since 2018 to provide Outdoor First Aid courses specific to the needs of schools working with Duke of Edinburgh's Award and outdoor education programmes in Germany.

Their trainers work with a variety of partners such as the Deutsche Alpenverein, to prepare professionals and outdoor adventurers with skills to prevent accidents, and deal effectively with incidents when help is further away.

Their approach is fun and engaging with lots of hands-on practice.



Proud to deliver



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