

## 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 deliver

THE DUKE OF EDINBURGH'S  
INTERNATIONAL AWARD





**four elements**  
challenge, explore, discover

## COURSE FEES

Booking deadline: 9<sup>th</sup> September 2024

**Standard rate:** €350/ person

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

€325/ 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
- ✓ Recognised certification
- ✓ Accommodation – half board – shared rooms (2-3 bed)

### Participant Numbers:

Min: 10      Max: 14

## Course centre & accommodation

Jugendherberge Lenggries  
Jugendherbergestr. 10  
83661 Lenggries

Driving time from Munich: 1hr

Train to Lenggries (BRB): 1h30

### Confirmation and payment:

- Booking via 4elements website [www.4elements.eu](http://www.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 €70/person)
- Drinks
- Snacks
- Travel



4elements UG (Haftungsbeschränkt)

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