

the course

- a two day (14 hour) course. A stand alone three year validated course for first aid needs and entry to the REC scheme. Expedition course is designed to introduce a systematic method of advanced first aid for managing casualties. Topic learning and practical inter mixed with scenarios of real situations, the course includes:
- development of skills gained at emergency level
- in-depth review of emergency care topics
- advanced techniques • skills • development
- review of special interest topics by the candidates



expedition first aider

- will be able to take control of an incident and direct standard first aiders
- is able to deal with more complex problems and use advanced methods
- further training is needed for • trainers • extended skills • rescue • health & safety

the content

- training for rescue emergency care with the REC scheme is easy and fun, the course is progressive by building on each session by introducing new scenarios to test the techniques
- **environment** hazards • cold • heat • chemicals • poisons • light • toxic substances
- **escort** vital signs • psychological • monitor • fluids • stretcher • splints • pain control
- **illness** chest pain • asthma • epilepsy • diabetes • poisons • hyperventilation • mental
- **scenarios** triage • incident management • emergency plans • action cards
- **expedition** dislocations • wound management • tropical diseases • gastric illnesses • altitude

the assessment

- expedition first aid is assessed by observation of practical skills • written mcq • oral • written assignments

the candidates

- all candidates require REC emergency or REC standard (FAW) certificate.

the qualification

- expedition first aid is a certified course for three years

