



# Outdoor First Aid for Field Engineers (First Aid at Height)

## DURATION

1 Day

## COURSE REQUIREMENTS

Medically Fit  
Able to knee down and roll over a 'casualty'

## RATIO OF TRAINERS TO TRAINEES

1 to 12

### COURSE SYLLABUS

The Outdoor First Aid for Field Engineers (First Aid at Height) training course is a bespoke safety training course and is environment specific. It includes dealing with a first aid incident in remote outdoor locations when help may be some time away. Specific conditions such as Suspension Trauma and RF burns are covered, with scenarios practised outside in real weather conditions.

#### Module 1

- Understand the role of the first aider including reference to the use of available equipment
- Assess the situation and circumstances in order to act safely, promptly and effectively in an emergency
- Administer first aid to a casualty who is unconscious and/or in seizure
- Administer cardiopulmonary resuscitation

#### Module 2

- Administer first aid to a casualty who is choking
- Administer first aid to a casualty who is bleeding and/or in shock
- Burns (including RF) and scalds
- Anaphylactic shock

#### Module 3

- Administer first aid to a casualty with: Injuries to bones, muscles, and joints including suspected spinal injuries
- Chest injuries
- Suspension Trauma
- Practical scenarios indoors and outdoors
- What do I do if I am remote

#### EQUIPMENT REQUIRED

As part of the course takes place outdoors, ensure you bring clothing appropriate to the weather conditions. Bring your climbing harness and helmet for use with outdoor scenarios. All other resources will be provided.

#### RECORDS MAINTAINED BY XI

- Upon passing of course certification generated with renewal dates
- Unique I.D. Number for certification checks
- Lost certs or IDs can easily be replaced

#### POST COURSE CLIENT FEEDBACK

Each successful candidate will receive a first aid manual and an HSE certificate valid for 3 years,



Height Safety Training  
Equipment Supply  
Kit Inspection

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