

**We will teach you what to do
until this arrives!**

Marlin



Outdoor Activities First Aid Course

**Enjoyable, effective first aid training
for remote and extreme locations.**

OUTDOOR ACTIVITIES FIRST AID COURSE



Unfortunately most first aid courses just don't prepare you for an accident in the hills. You can't just call an ambulance, and help will take hours not minutes to arrive. On this course you will be taught both basic and advanced first aid skills, and gain the confidence to use them effectively. Our students tell us that we run probably the most comprehensive, effective, and enjoyable outdoor first aid course in the UK and return again and again to renew!

WHY IS IT RUN MOSTLY INDOORS NOT OUTDOORS?



Many outdoor first aid courses take you outside for most of the course. You end up taking a basic first aid course but without the classroom. Unfortunately basic teaching theory* confirms that you also don't remember much when you are cold and wet - you remember when you are warm and comfortable! We therefore use a combination of classroom skill sessions and video scenarios to bring the outdoors indoors. Where appropriate we also run suitable outdoor scenarios to allow you to practice skills learned indoors in a more realistic environment.

WE TELL YOU WHY YOU DO THINGS!



We believe that it is important to understand why you are doing things since if you understand why you will remember what to do! Unfortunately most others just give you protocols to follow by rote. Our students often tell us that this is one of the best things about our course - that they are told why - and not treated like idiots!

ADVANCED SKILLS TO KEEP PEOPLE ALIVE



When help is delayed you often need more advanced skills than taught on basic first aid courses - the skills a paramedic or doctor might use when they arrive. Many providers will teach you basic first aid applied to an outdoor environment. Whilst we will teach you basic first aid skills we will also teach you important critical advanced skills e.g. traction splinting a broken femur. These advanced skills help keep people alive!

CORRECT SPINAL IMMOBILISATION



Basic first aid courses now teach you to roll everyone into a recovery position - including those with a spinal injury. Most outdoor first aid courses teach you the same ! Instead we work to Mountain Rescue protocols and will immobilise a spinal injury where found if possible, only rolling the patient over if their airway is compromised or if we need to fetch help.

MARLIN'S GUARANTEE



Unique, no-quibble 100% money back guarantee.

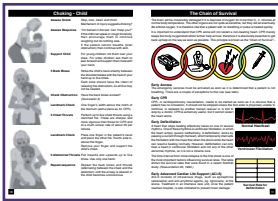
Part 1:-

"If you are not happy with the course by the end of the first session, then simply return your materials in a saleable condition for a full refund."

Part 2:-

"If you take an active part in the course, but do not pass you will receive a full refund."

THE MARLIN DIFFERENCE:-



Positive, Confident Students

- ⊕ “Active learning” involves every student taking an active part in their own learning. There is no one sitting at the back falling asleep in our courses!
- ⊕ Comprehensive, detailed, multimedia presentation, including short video segments to maintain interest
- ⊕ Plenty of skills practice and positive coaching. Everyone works in small groups and no one has to perform in front of the whole class.
- ⊕ We don't believe in exams - they cause unnecessary stress, hindering learning. Instead we examine our course by continuous assessment.

Excellent Value for Money

- ⊕ Comprehensive materials provided, including a full-colour 112 page manual and certificate.

High Quality Learning

- ⊕ Educationally sound and taught by professional teachers who are also emergency medical technicians.
- ⊕ Course only ever taught by experienced outdoor instructors.

Fully Recognised

- ⊕ The only course to be recognised by all of the following: Royal Geographical Society, Adventure Activities Licensing Authority, BMC/MLTB, Moor & Fell Walking, CCPR, BCU, BHPA, NCA, PADI, & the RYA.
- ⊕ Follows the latest medical and Mountain Rescue Council guidelines.



COURSE CONTENTS:-



The course is extremely comprehensive and also flexible to meet the needs of a group e.g. for canoeists we cover aquatic hypothermia; for mountain bikers we look at helmet removal.

Typical course contents include:

- ⊕ introduction, mountain rescue, mountain safety & survival
- ⊕ scene assessment, communication & delegation
- ⊕ safety & hygiene, communicable diseases (eg. HIV)
- ⊕ primary survey-trauma/non-trauma (recovery postn./imobilisation)
- ⊕ the “chain of survival” - relevance & application of CPR in the hills
- ⊕ CPR and resuscitation (new Dec 2005 standards)
- ⊕ choking
- ⊕ first aid kits for work and the mountain environment
- ⊕ control of bleeding, serious bleeding in the hills and pressure points
- ⊕ shock - types, treatment and importance when help is delayed
- ⊕ recognising and treating illness in the outdoor environment
- ⊕ recognising and treating injuries in the outdoor environment.
- ⊕ practical session on splinting using improvised splints, sam splints and other commercially available splints
- ⊕ practical sessions on spinal immobilisation and moving patients
- ⊕ environmental problems: heat, cold, altitude
- ⊕ reporting of accidents at work and in the hills



COURSE DETAILS



Who would benefit:-

- ⊕ Anyone who might need to perform first aid on adults and children but especially those who are away from immediate medical back up, eg:- climbers, mountaineers, hill walkers, cavers, paragliders, canoeists, divers & sailors etc.

Length:-

- ⊕ 18 hours approx (usually a weekend)

Date:

- ⊕ Courses anywhere in the UK at a date and time to suit you!

Cost:

- ⊕ Please contact us for current pricing.
- ⊕ Travelling expenses are applicable on courses outside of the Midlands, please call for a quotation.

BOOKING DETAILS

To book your course please call Marlin on:

0845-226 7785 or 07973-414663

RECOMMENDATIONS

UNIVERSITY OF
BIRMINGHAM



"This department has run Marlin's courses for the past 10 years. The course content is excellent, detailed and is well-structured to include specific and tailored field safety and first aid training for all our staff and postgraduate students who undertake field work connected with their teaching and research activities. I can recommend Marlin training unreservedly!"

Dr Warren Eastwood. Geosciences. University of Birmingham

INSTRUCTORS

Our instructors all have considerable experience of both teaching and working in the outdoors:

- ⊕ Stuart Marshall is an outdoor instructor, EMT and experienced qualified teacher with over 20 years experience of teaching outdoor and first aid courses.

- ⊕ Ian Beddis also works in the outdoor industry and is the land based search organiser for a Mountain Rescue Team.

- ⊕ Dr Simon Green is a GP and Medivac doctor with considerable experience of sports, outdoor and tropical medicine. He teaches on expedition courses and acts as Marlin's medical advisor



Stuart Marshall



Ian Beddis



Dr Simon Green

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