



## **Life Support Solutions First Aid Courses for Raleigh Staff and Participants**

Life Support Solutions is a London based First Aid training company that has been working with Raleigh International for many years. We have developed this course with Raleigh Expeditions in mind and our instructors all have first hand experience of Raleigh expeditions in many countries.

The course is divided into two parts.

**Day 1** covers basic First Aid and CPR. This is a great starting point for new-comers to First Aid and a great refresher for those who have done it before. This course is approved by the Health and Safety Executive as the Emergency First Aid at Work course and is valid for 3 years.

Price is £45 including book and certification.

- Basic anatomy
- Primary assessment
- Recovery position
- Resuscitation
- Choking
- Shock
- Seizures
- Wounds and bleeding
- Burns and scalds
- Foreign objects
- First aid kits

**Day 2** will give you the opportunity to practice their new found skills in expedition scenarios and to learn how to recognise and deal with many tropical problems and remote injuries. We also review previous incident reports from the country you are going to so you know what to really expect.

- Bites and stings
- Blisters
- Wilderness fractures
- Spinal injuries
- Altitude illness
- Hypothermia and frostbite
- Heat exhaustion and heat stroke
- Dehydration
- Expedition health and hygiene
- Casualty evacuation
- Expedition first aid kits

Days one and two together earn you the Expedition First Aid certificate recognised by many outdoor bodies and valid for 3 years.

The two-day course costs £90 including book and both certifications.

The course is held at Raleigh Head Office at 207 Waterloo Road, London, SE1 8XD. The next courses are on **21<sup>st</sup>/22<sup>nd</sup> November 09, 19<sup>th</sup>/20<sup>th</sup> December 09 and 9<sup>th</sup>/10<sup>th</sup> January 2010.**

For more information and to reserve a place please contact [dianepatrick@orange.net](mailto:dianepatrick@orange.net) (Course leader).

**First Aid for Work, Home and Travel**  
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