



FIRST AID IN HOSTILE ENVIRONMENT

 **DURATION 2 days**



FOR WHO

This course is for all those who have the necessity of specific first aid training in hostile environment, such as firefighters, civil protection, alpine guides, other guides, and other professionals.



PREREQUISITES

Good physical health, ease with water



TRAINING METHODOLOGIES

Theoretical lesson, practical simulation, role-playing.
De-briefing, team work.

@ INFO & BOOKING

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This course has a 2-days program that includes various first aid techniques to use in a hostile environment.

This program was elaborated for those who operate in outdoor environment and may need to intervene for a first aid or rescue in a complex scenery.

A life-saving maneuver near a river has different problems than doing it by the road. A traumatized victim on a rocky slope has different intervention procedures than another context. Also the needed equipment changes from a location to another. It is therefore important to acquire specific skills when operating outdoor.

The program includes both a theoretical lesson and a practical simulation in water, all the techniques are recognized by ILCOR, ERC, IRC (European and Italian Resuscitation Council), which regulates emergency teams' interventions.

This program includes BLS-D (Basic Life Support with defibrillator) and PHTC (Pre-Hospital Trauma Care) contents in arduous context: victim stabilization, use of tools we can use instead of medical devices if not reachable.

There will be also a simulation on mannequins (adult and newborn) to learn different techniques and defibrillator.



PROGRAM

FIRST AID IN HOSTILE ENVIRONMENT

HOURS

ACTIVITIES & CONTENT – DAY 1

8:30 – 9:00	Meeting Compilation of registration form Presentation of the course
9:00 – 12:30	Cardiopulmonary resuscitation and defibrillator. <ul style="list-style-type: none"> - First aid chain - Differences between adult, child and newborn - Bls (Basic Life Support) procedure - Bls-d (Basic Life Support & Dae) procedure with defibrillator - Pbls- d (Paediatric Life Support & Dae) procedure and simulation - Pls (safety lateral position), procedure and simulation - Simulation on mannequin Qcpr Problems of rescue in hostile environment: variables Risks and dangers of river context PPE for river and flood – swimming in river and rescue procedure
12:30 – 13:30	Lunch
13:30 – 14:30	Simulations of swimming in current Simulations of rope throwing
14:30 – 18:30	<ul style="list-style-type: none"> - Phtc Base (Pre-Hospital Trauma Care) - Techniques and simulations of immobilization and stabilization - Spinal board, Ked , collar - Airway unblocking, on adult, child and newborn - Hypothermia
18:30 – 20:00	Video, knots De - briefing

HOURS

ACTIVITIES & CONTENT - DAY 2

8:30 – 12:30	<ul style="list-style-type: none"> - First aid for non sanitary staff - Rescue and survival chain - Characteristics of arduous environment - Suffocating and airway unblocking - Shock management - Bleeding and hemorrhages - Emergency call - Ictus, cardiac disturbs - CPR procedures - Viper bite, tick or other bugs stings - Evaluation of damages, what to ask to victim - How to move the victim - Allergic reaction management - Poisoning, biological risk
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PROGRAM

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<i>12:30 – 13:30</i>	Lunch
<i>13:30 – 18:30</i>	Anchoring and lowering from natural and artificial shore Salvage from water, stabilization and immobilization of victim First aid and trauma management <ul style="list-style-type: none"> - Diabetic emergency - Epileptic convulsions - Injury evaluation - Fracture and dislocation - Cranial and thoracic trauma - Injuries and bleeding - Heat and cold exposition – hypothermia and heatstroke Helicopter intervention
<i>18:30 – 19:00</i>	De briefing Satisfaction questionnaire Licenses and greetings



EQUIPMENT

Each participant must bring :

- River shoes or sport shoes
- 5 mm neoprene wetsuit or dry suit and proper clothing under the suit
- Homologated helmet + lashing

You can rent all the equipment by booking it at the reception and communicating size, weight and height.

It is suggested to bring snacks and drinks based on saline supplements. It is fundamental to communicate to the instructor any possible shortcoming of the activity.



GOALS

- Knowing basic self rescue and protection techniques
- Analysing intervention scene
- Distinguishing low and high risk
- Using main life saving techniques in hostile environment
- Knowing main resuscitation systems
- Using proper equipment for first aid
- Knowing standard procedures of first assistance