

**Wilderness Development
Outdoor Pursuits Instruction**

www.wilderness-development.com

Whitewater Paddling :: Mountain Sports :: Dinghy Sailing :: First Aid Courses

Save a Life first aid classes

These modular classes are a great way to learn as much or as little first aid as you like, over a series of evening sessions.

Classes run on Monday-Thursday evenings and are numbered. So everyone starts at class number one, and you can keep coming for as long as you like.

To be eligible for any certificates mentioned, you need to complete each class within six weeks, although not necessarily in order.



What our customers say

- Definitely worth the time and money, Stefi, Rickmansworth
- Very good instructors and a very thorough course. It was very much enjoyed. Thomas, Durham
- Good fun and practical, Matt, Sheffield
- Really fun course, great instructors, lots of useful and interesting information, Joel, Sheffield

Wilderness Development is a trading name of Will Sheaff : 07941 645 520
Registered address 137 Moorland Road, Stockport, SK2 7DP.



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Course Content

Class 1	Treatment of a heart attack, including CPR . By the end of the class, you'll be confident helping someone who has stopped breathing.	You'll get lots of practice dealing with an emergency like this: http://youtu.be/Osb2aQC169k
Class 2	Prioritising injuries, dealing with unconsciousness	Candidates who successfully complete the first two classes are eligible for a Basic Life Support certificate
Class 3	Treating bleeding and other serious medical emergencies; Helping someone who is struggling to breathe because of severe allergies (anaphalaxis) and severe asthma.	Candidates who successfully complete the first three classes are eligible for a HSE approved Emergency First Aid at work certificate
Class 4	Breaks , fractures, dislocations; Joint and limb injuries and how to treat as best we can. Head injuries.	Practice techniques like splinting http://youtu.be/OJlYnu0QQRE
Class 5	Dealing with water-based emergencies , like drowning, hypothermia, and also covering CPR for children and babies	Candidates who complete classes 1 to 5 classes are eligible for an Aquatic First Aid certificate
Class 6	Injuries and illnesses common in children , like fitting. We also discuss ways of improving "adult" first aid techniques to make them more suitable for children, and "child protection" and safeguarding issues.	Completing classes 1 to 6 makes you eligible for the Paediatric first aid (12 hour) certificate, meeting OFSTED requirements.
Class 7	Spinal injuries, chest injuries and common medical emergencies like diabetes and epilepsy.	Practice dealing with common medical emergencies like epilepsy: http://youtu.be/Q4C-R52Ffy4
Class 8	Outdoor first aid : Specific considerations when dealing with wet and cold casualties outdoors.	Candidates who complete all eight classes will be eligible for the outdoor first aid (16 hour) certificate .



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Certificates

Each of the certificates mentioned are accredited Active Aid, who are HSE registered. To be eligible for each certificate, performance to the level specified by the syllabus is required, and that includes attending the whole of each class. We do not find that many people have difficulty passing the informal assessments having been to the lessons, but we can't pass you if you don't attend the whole course. Sorry! There is a fee of £10 for each certificate required. There is no compulsion to buy certificates.

Manuals

We strongly recommend that you purchase a copy of "[First Aid Made Easy](#)" by [Nigel Barraclough](#). We'll be using it to teach from, and it covers everything that our course will cover, plus lots extra in 60 full colour pages. We will also bring some manuals with us on the day in case people forget or don't get round to ordering the book, for sale at a cost of £7 each.

Pre-requisites

No previous experience is required, and no prior knowledge is assumed.

Course Duration & Cost

Each class lasts two hours and costs £20.

You can also book a set of 5 classes together for £115 or all 8 classes for £150

Group Formation

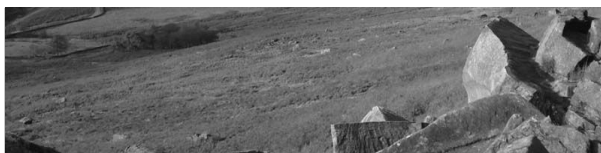
The maximum group size is 12. The minimum age is 14. Under 16s must be accompanied by a responsible adult.

Pre Course Learning

You don't need to do any preparation or homework. We'll recommend a manual, so you don't need to take notes (unless you want to). It should be a fun course!

Timings

There's lots to do, so please come on time for a 9am start. We'll aim to finish for 4pm. Late arrival or absence from any session will probably mean that you will not receive the certificate for which you have joined the course. In all such cases the full course fee remains payable.



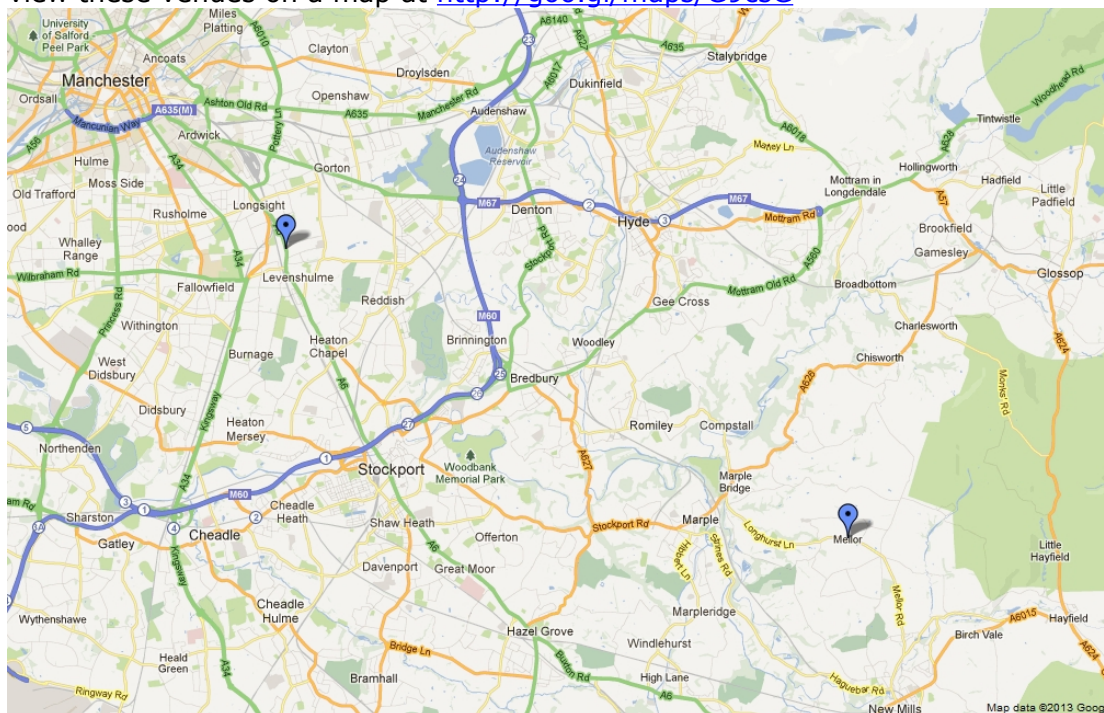
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Venues

Typical venues include Mellor Lodge and Levenshulme Inspire Centre. You can view these venues on a map at <http://goo.gl/maps/G9csG>



Car Parking

There is limited onstreet parking at all our venues, but we request that you park considerately. At busy times, particularly in Levenshulme, you may have to park a few streets away.

Dates and availability

For more information call Will Sheaff on 07941 645 520 or email will@wilderness-development.com

What if none of the dates I want are available?

[Contact us](#), as we sometimes get cancellations and extra availability. You won't be charged anything until we've agreed a suitable date.

More Questions?

Don't hesitate to get in touch. Email will@wilderness-development.com, or call 07941 645 520.