



Outdoor and Travel First Aid Training (1day , 8hrs)

First Aid Basics

- Deciding to Provide First Aid
- Asking to Give First Aid
- Universal Precautions
- Exposure to Blood
- Taking Off Gloves
- Finding the Problem

+ Medical Emergencies

- Choking in an Adult
- Heart Attack

Injury Emergencies

- How to Stop Bleeding
- Bandaging
- Using Tourniquets

- Head, Neck, and Spine Injuries
- Broken Bones and Sprains
- Splinting

Environmental Emergencies

Bites and Stings

- Animal and Human Bites
- Snakebites
- Insect Bites and Stings

Heat-Related Emergencies

- Heat Cramps
- Heat Exhaustion
- Heat Stroke

Cold-Related Emergencies

- Frostbite
- Low Body Temperature

CPR and AED

- CPR and AED for Adults
 - Compressions
 - Give Breaths
 - Using a Mask

Use an AED
Assess and Phone EMS
Put it All Together

- CPR and AED for Children

- Compressions
- Give Breaths
- Using a Mask

Use an AED
Assess and Phone EMS
Put it All Together

- How to Help a Choking Child

- Mild vs Severe Choking
- How to Help a Choking Child