

First Aid Training 15 January 2022

This is a follow up to the Loipers AGM and recent committee meeting. We agreed that I would offer a training session focussing on first aid and incident management for anyone encountering an emergency situation while ski touring on the hills. It is mainly aimed at those who will be skiing from hut to hut in Norway or doing big days out in Scotland or the Pennines.

Having completed a long military career on several helicopters around the world as a crewman/winchman I have completed several First Aid courses, also some training with the RYA and lastly a long weekend St John course with the Mountain Rescue Team, I have lots of experience seeing the result of many incidents. For a number of years I ran skiing and survival courses near Fagernes for Chinook crews which involved medical scenarios and I know how important prior knowledge and training can be to a successful outcome.

I intend to carry out 3 hours training at my home for up to 6 persons on the morning of 15 January starting at 9.30am covering several subjects including hypothermia, heart attack, stroke, hypoglycaemia, primary survey with the use of a resuscitation dummy and AED. I would also like to discuss incident management and the requirement for more club equipment such as splints and bandages which could be available for members to take on their various trips.

I am not accredited to any of the UK first aid providers and there will be no certificate. Information will be taken from the Authorised Manual of St John Ambulance.

So if you like to have some first aid training before heading out into the mountains then please contact me cwb60@hotmail.co.uk

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Full address to follow