

Climbing Trauma Course

Date 24.02.19

Time 1000hrs -1800hrs

Venue – Kilnworx climbing wall, Stoke on Trent.

No of places – 12 maximum

Introduction.

This one day course is aimed at climbers, hillwalkers and mountaineers looking for essential life saving skills to help those with life threatening injuries when out on the crags and mountains.

Whilst it doesn't give you all of the traditional first aid skills, it does give you the most important ones that will make a difference in saving life.

The syllabus covers the following;

- Aims and purpose of trauma first aid
- A safe approach to administering aid
- Catastrophic Haemorrhage
- Head trauma
- Airway problems
- Breathing Difficulties
- Internal bleeding
- Hypothermia
- Basic life support
- Casualty handover

The course is interactive with participants expected to work in small groups to develop their confidence and skills, so expect to get hands on with your colleagues. The day will culminate in a series of simulated exercises including managing multiple casualties.

Starting at 1000hrs the course will spend the morning exploring techniques. There will be lots of opportunities to practise and a range of kit will be on hand to try. Because you will be performing actions on each other and in simulated situations, you must be prepared for physical activity involving bending and moving casualties so please wear suitable clothing. If you have concerns about this, then please drop me a line.

On the afternoon with the simulated exercises, we will use equipment more comprehensively, including thorough casualty examinations. Therefore be prepared to get hands on with your colleagues and for them to get hands on you! The multiple casualty scenario will involve casualty simulation and mock injuries along with accessing casualties properly through their clothes. To make this effective, please bring a spare set **of old clothes that you are happy to put on for this exercise and you are happy to have cut up and get covered in fake blood !! There is nothing like realistic training! This is not compulsory but would be beneficial.**

Tea and coffee is available at Kilnworx but only snacks are available, therefore please bring food and refreshments with you. As the course is free and Kilnworx are not charging, can I recommend you support Kilnworx by buying their refreshments and can I also suggest a donation of 3 pounds each to Kilnworx for being supportive to this course. We can collect this on the day.

What you need to bring.

- Suitable clothing to carry out first aid in
- Refreshments
- Notebook and pen (not essential)
- Spare clothing you don't mind being wrecked !!!

Your Trainer.

Simon Wilson is a member of The Mountain Club and has been climbing and mountaineering for 45 years. His experience ranges from ascending 5000mtr peaks in the Bolivian Andes to alpine style ascents in the Alps, Scottish ice routes and North Wales sea cliffs. He is a qualified rock climbing instructor of 28 years as well as holding his Summer ML for over 30 years. He is also a mountain bike instructor, swiftwater rescue technician and technical advisor with height safety equipment.

Simon is an Officer in the military and works at the Defence Medical Services as lead for Battlefield Trauma training and major Incident medical management. He is a qualified Instructor with the Ministry of Defence and has also instructed Remote First aid, mountain First Aid (as a REC instructor since 2001) and extrication. He instructs a range of personnel in specialist roles from Special Forces to Foreign counterparts in countries such as Oman, UAE, Pakistan and the Ukraine, with the core of his instruction being to regular UK military personnel from all three services. Personally he has dealt with a range of trauma in numerous environments and has a wealth of experience to draw upon.

Whilst this course will not give you a qualification, It will give you the confidence to manage the more serious aspect of dealing with trauma. With a colleagues life in the balance, having the ability to carry out simple and effective interventions in those first few moments is critical.

If you wish to know more then please feel to contact me via simon.wilson1965@gmail.com