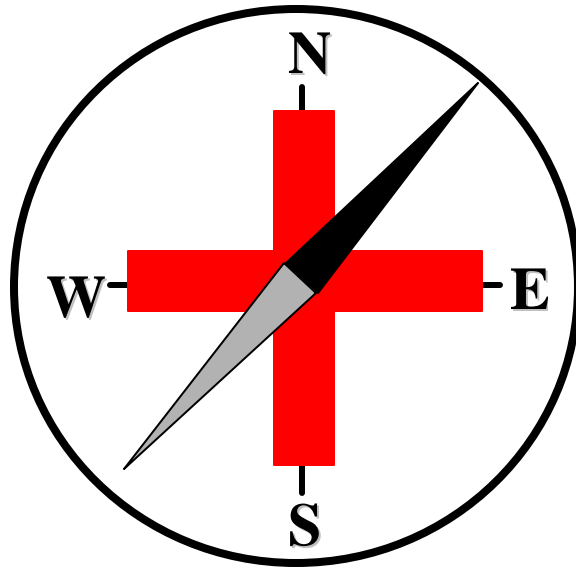


WILDERNESS FIRST AID



BASIC COURSE



MOUNTAINEERING SOCIETY OF SINGAPORE

WILDERNESS FIRST AID

SHOULD YOU ATTEND?

Many of us love and seek out wilderness areas for various reasons. Just being “out there” brings an immense sense of refreshment, relief, rejuvenation and excitement. However, this very environment we love has dangers: falls over rough ground, crevasses, impure water, heat and cold injuries, dehydration and altitude illness. Although these risks can be minimised, accidents and illnesses will happen.

Many of these places are remote and far from emergency services or medical help. In such areas, should an accident or emergency arise, the trekker or climber will have to be the “emergency service”. Knowing how to deal with common problems such as sprains, fractures and bleeding will be extremely useful and can be life saving.

Proper training (and practice to gain familiarity with skills) helps the First Aider to deal with common problems until a physician /skilled help arrives or patient is evacuated to a medical facility.

This course will take you through common problems that may be encountered in the wilderness. As of June 2001, this course is endorsed by the Singapore Mountaineering Federation. At March 2002, it is near obtaining National First Aid Council Accreditation.

COURSE INFORMATION

- This is an interactive, practical hands-on course.
- Only basic essentials will be dealt with due time constraints. (an advanced course is being planned)
- There will be 2 MCQ Tests during the course. These tests are to give you and the course director an idea of how the course has helped (or otherwise!) to fill in some gaps in your 1st Aid knowledge. The post course MCQ and CPR test are compulsory for NFAC certification.
- Come comfortably dressed, preferably in what you would wear for a day out trekking or hiking. The practical sessions will involve bending, stooping and lifting of casualties.

- Bring a basic first aid kit – details will be given to course registrants. These items are recommended for a basic kit and we will use the contents for the course.

COURSE DIRECTOR

Shani Tan is currently Senior Consultant in Paediatric Anaesthesia in the KK Children's Hospital, Singapore. Apart from a professional interest in paediatric cardiac anaesthesia, she also has a keen interest in Wilderness Medicine; in particular High Altitude Medicine and Physiology. She was one of the founder members of the Mountaineering Society of Singapore (MOSS) and the first female President of MOSS. She is currently a committee member of the Singapore Mountaineering Federation and a member of the Wilderness Medical Society (WMS) and the International Society for Mountain Medicine (ISMM). A keen outdoors person, she has been climbing and trekking for over 20 years in the European Alps and the Greater Ranges. She has extensive expedition experience and was Expedition Doctor to the First Singapore Mount Everest Expedition in 1998. She currently instructs in ATLS® (Acute Trauma Life Support) courses for the School of Military Medicine and Basic Paediatric Life Support Course for KK Children's Hospital.

COURSE SCHEDULE

0815 - 0830	REGISTRATION (turn in pretest)
0830 – 0840	INTRODUCTION & COURSE OVERVIEW
0850 –0920	INITIAL ASSESSMENT & SECONDARY SURVEY
0920 – 0930	Break
0930 – 1000	CPR
1000 – 1030	HEAD & SPINAL INJURY
1030 – 1100	SHOCK
1100 – 1130	Break
1130 – 1145	HEAT & COLD INJURIES
1145 – 1215	FRACTURES & DISLOCATIONS
1215 - 1240	WOUND MANAGEMENT
1240 - 1250	BASIC FIRST AID KIT
1250 - 1300	EVACUATION OF CASUALTIES
1300 – 1400	Lunch
1400 – 1500	CPR
1500 – 1600	HEAD & SPINE INJURIES SPLINTS & LITTERS
1600 – 1615	Break
1615 - 1645	SCENARIOS
1645 – 1715	TEST
1715 - 1720	SUMMARY / END OF COURSE

COURSE REGISTRATION FORM

Mail / Email to: Dr. Shani Tan, Wilderness First Aid, #18-01 Thomson View, 7 Bright Hill Drive, Singapore 579599. Email: shani@singnet.com.sg

Name : First _____ Last _____

Degree (if applicable): _____

Address: _____

_____ S _____

Phone: _____ Pager/Handphone: _____

Email: _____

Outdoor experience: _____

First aid experience: _____

Class size: minimum number 6, maximum 10.

Options:

1. SAFRA Toa Payoh, weekday: \$100 +room rental divided between number of participants. Fee includes, CPR mannequin rental, instructor fee, SMF certification fees. Excludes lunch and refreshments.
2. SAFRA Toa Payoh, weekend: \$100 + room rental divided between number of participants. Fee includes, CPR mannequin rental, instructor fee, SMF certification fees. Excludes lunch and refreshments.
3. Your own venue: \$100. Fee includes CPR mannequin rental, instructor fee, SMF certification fees. Excludes lunch and refreshments.
4. Other arrangements: Email for further discussion

Venue requirements: air-con classroom, slide projector, screen.

Fees are correct at the time of printing. Please confirm with your co-ordinator or with Wilderness First Aid. 5% discount for SMF affiliates, 10% discount for MOSS members.

Payment by cheque. Cheques made to "Wilderness First Aid" sent to Wilderness First Aid, #18-01 Thomson View, 7 Bright Hill Drive, (579599)

18.03.2002

