



## Course Information

### Outdoor First Aid + Forestry

**Time** 9:00 to 17:30 for two days

**Tutor** Simon Clooney - 07764 522942

This course covers the minimum emergency First Aid requirements as set out by the HSE. It leaves candidates confident in dealing with an emergency first aid situation, whilst awaiting the ambulance, and gives a basic understanding of the impact of the Health and Safety (First Aid) Regulations 1981 upon the workplace.

The Forestry Commission updated its first aid at work policy in January 2012 and all contractors wishing to work on FC land will have to show that they comply with the new policy. From our point of view, the most relevant part of the policy is the recognition that people may need add-on elements to traditional, standard first aid training to reflect the special hazards of the forestry environment. To show that these special hazards have been covered, '+F' is printed on the certificate.

The course is quite practical, so I suggest that you are prepared for a hands-on approach to First Aid, including kneeling, bending, lying, simulated CPR and acting as casualties for each other. A fair amount of this course takes place outdoors, so please be prepared to act as both first aiders and casualties outside, and bring appropriate warm and waterproof clothing to keep yourself warm and dry throughout the course (probably not your 'best' waterproofs!); your normal work PPE is usually fine.

**Equipment** You will need warm waterproof clothing and personal protective equipment.

**Meal breaks** Tea and coffee will be provided. Please bring a packed lunch with you.

**Weather** In the event of exceptionally poor or dangerous weather conditions it may become impossible to continue working in the woods. It is your instructor's responsibility to ensure your safety. If this happens, your instructor will make every effort to replace on-site training with other relevant maintenance or safety training in an appropriate safe or under-cover area.

**Please note that we are unable to offer refunds for any part of a course altered at short notice because of the weather.**