Remote First Aid

NGO staff often operate in remote areas, disaster zones or in regions with destroyed or minimal infrastructure. When a vehicle accident happens, a staff member is injured or as the result of an attack, there is often no ambulance service, no paramedics and few hospitals. In these situations staff will have to improvise and make the best of often minimal first aid supplies. While many modern first aid courses are aimed at keeping an injured person alive until the ambulance arrives, our course is designed to just teach basic, improvised first aid.

**We Cover...**

- Basic vital signs
- The ‘Platinum 10’ and the ‘Golden Hour’ theories of life saving
- Raid trauma assessments
- Bleeding wounds
- Burn wounds
- Fractures, sprains and strains
- Stabilizing a patient and the recovery position
- Evacuations

Our course is not intended to replace a full certificate course as recommended by most national authorities. Instead, this program is best suited for those who work in remote areas or where standard first aid training is not available or practical.

Our first aid courses are usually run in conjunction with a 2-3 day ACT Security Course.

Course fees are calculated on a sliding scale for International, national and local NGOs to ensure all levels of aid workers can afford to attend.

For more information, dates or locations check our website: www.act-security.org