

## Remote First Aid (RFA)

Guardian's Remote First Aid course is a must have for people travelling and working in remote areas around the world. Through a combination of teaching and practical exercises, the course prepares the participant for how to conduct life saving first aid in areas where assistance is far away – for example when travelling between cities or working in rural areas. The course includes all the basic features from a standard first aid course, why previous first aid training is not a requirement.

Guardian-srm offers an 8-hour course for individuals who are travelling to medium- and high-risk destinations. The course aims to give the participants tools and skills to practice remote first aid in areas where there is limited access to assistance.

### **TOPICS COVERED:**

- Basic first aid (A-B-C)
- Advanced first aid (M-A-B-C-D-E)
- How to stop massive bleedings
- Choking accidents
- CPR-training
- Traffic accidents and vehicle safety
- Content and use of individual first aid kit (IFAK)

The training is conducted by a highly qualified and experienced first aid instructor with a background in military first aid. The training is based on the M-A-B-C-D-E method, which is used by rescuers, police and military personnel. In addition, participants learn about useful travel medicine, vaccinations, hygiene, conditions of traffic accidents and intrinsic security.

The course is delivered as a combination of theory and practical exercises, with a clear emphasis on the latter. The learning environment is open and honest, so participants can share experiences and ask questions.

## PRACTICAL INFORMATION

- Duration: 8 hours
- Course fee: DKK 3500 (ex. VAT) including lunch
- Can be delivered as a closed course
- For further questions and registration please contact us at [training@guardian-srm.com](mailto:training@guardian-srm.com) or +45 41 100 300