




FIRST AID IN THE MOUNTAIN AREA

Parc Científic i Tecnològic
Edifici Incuba, of. 1.7
25003 Lleida

 900 52 56 78

 neosalus@neosalus.com

 www.neosalus.com



FIRST AID IN THE MOUNTAIN AREA



TO WHOM IT IS ADDRESSED

- Mountain guides
- Sports activity guides
- Companies dedicated to adventure sports
- Forestry agents
- Hunters associations



TARGET

- Sensitize the people of the organization in the need to know the most common procedures in first aid aimed at situations arising in the context of mountain activities
- Identify serious and mild situations through appropriate assessment
- Acquire the minimum skills necessary to be able to provide initial health support to any unexpected situation in the field of health.
- Know the basics of using semi-automatic defibrillators
-



CONTENT

BLOCK 1: IMMEDIATE RISK SITUATIONS

- What are first aid?
- Basic adult life support and use of AED
- Lateral Safety Position
- ICTUS
- Obstruction of the airway by foreign bodies
- Bleeding
- Heart attack



BLOCK 2: MOST COMMON SITUATIONS IN PPAA

- General guidelines for action in the event of accidents
- Burns
- Wounds
- Alterations in the level of consciousness
- Contusions to all tissues
- Animal bites and bites
- Emergencies due to temperature changes
- Trauma
- Psychological first aid
- The first aid kit



METHODOLOGY

The methodological strategies that will be used will be dynamic and participatory, where users arouse interest in what is being worked on and in this way, can resolve the doubts and concerns that arise in relation to the issues worked on during the action. formative. Appropriate cases will be raised in the environment of activity of the users and / or context in which they should act if necessary. Resolving cases and responding to the needs they have at all times. The technical and didactic material that will be used to develop the formative action will be the appropriate one in order to achieve the proposed learnings and to look for a contextualization to the most real possible one to which they would have to face in a real situation.



DURATION

8 hours to be taught in a single session or in two 4-hour sessions.