

# FIRST AID COMES FIRST



First aid is essential when working with others outdoors. It's about knowing how to respond and protect people until professional help arrives.

## FIRST AID COURSE

Safety comes first—for everyone involved, including yourself.

As an Accessible Forest Practitioner, you shouldn't invite anyone into nature without completing a first aid course. It's equally important to keep your skills fresh through regular training updates.

My most recent first aid course was completed on

[date] ..... at [school] .....

I plan to take my next first aid course on

[date] ..... at [school] .....

## TIPS

### First aid kit check

Create a list suited to your specific outdoor setting.

- What essentials do you need in your kit?
- Check expiry dates on all medications and supplies

### Participant preparation

Ensure everyone knows what to expect.

- Do they know the destination and duration?
- Have you briefed them on potential challenges (terrain, wildlife, weather)?
- Are insect repellent, sunscreen, and proper clothing sorted?
- Is everyone hydrated and dressed appropriately?
- Do you have records of allergies or medical conditions?

### Plan for the unprepared

Someone often forgets something.

- Do you carry spare kit for those who come unprepared?

### Emergency planning

- Do you have emergency contacts and services readily available?
- Have you identified the nearest medical assistance?

### Work as a team

- Do you have a co-leader or assistant to help manage the group?
- Are you encouraging participants to look after one another?

### Safety first

- Have you clearly explained that in any emergency, safety always trumps the activity?

### What else is worth remembering?

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## REFLECT

How does first aid knowledge affect your confidence as a practitioner?

What's the difference between being cautious and being overly anxious about safety?

