



Outwardly Mobile First Aid

Peter Walkden

has completed a 2-day, 16-hour
Emergency First Aid at Work
programme with emphasis on the outdoor environment.



Certificate Number 25110

Certificate Valid Until 8 October 2028

Date of Issue 9 October 2025

Signed 
Ian Jones

Topics covered in this programme include:

- Roles and responsibilities of the first aider
- Preventing cross-infection
- Recording events/treatment in preparation for handover to medical professionals
- Using DRABC: Danger; Response; Airway; Breathing; Circulation
- Basic Life Support including unconsciousness; safe airway positions; CPR; defibs.
- Wounds and bleeding, including catastrophic bleeding; shock
- Haemostatic dressings; tourniquets
- Small cuts and grazes
- Choking
- Head & spinal injuries
- Seizures
- Drowning
- Fractures and soft tissue injuries
- Hot & cold injuries including burns; hypothermia; hyperthermia
- Common medical emergencies including heart attack; stroke; anaphylaxis; diabetes; asthma
- Ticks and lyme disease and Weil's disease (leptospirosis)

Having completed this programme, students will have gained an understanding of, and how to deal with the above.

Compliant with Health & Safety Executive & European Resuscitation Guidelines; Procedures & Protocols.

(Covers all ages.)

06/24