



**EXPLOR-A**  
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# The Remote Medic First Responder Program

Prospectus 2024





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## The Remote Medic First Responder Program

The Remote Medic First Responder (RMFR) Program is a four-and-a-half-day remote responder program aimed to introduce the fundamental skills required by team members who operate in an austere and remote environments. This is through the delivery of a combination of remote first aid and expedition medicine training.

The program has been accredited through the Academy of Extreme Environment Medicine for 6 CPD / Fellowship credits.



## Remote First Aid

We introduce the fundamental knowledge and skills required to respond to an emergency in a remote setting. Students will be immersed as responders and work in teams to identify and treat common injuries and illnesses.

Students will learn decision-making skills and treatment principles whilst working through 'real-life' remote emergency scenarios.

### Topics

- Rapid patient assessment
- Cardiopulmonary resuscitation
- Fracture management & dislocations
- Improvised splints
- Wound management (minor and catastrophic)
- Airway and choking management
- Asthma
- Allergies and anaphylaxis
- Heat & hydration
- Hypothermia & non-freezing injury
- Envenomation management
- Lightning and electrical Injury
- Seizure and epilepsy



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## Expedition Field Skills



We introduce and develop the skills required for students to successfully operate in remote and extreme environments. These skills come from a combination of military, emergency service and expeditionary experience.

### Topics

- Field hygiene
- Water purification
- Food preparation and fire pit safety
- River crossing techniques
- Search and rescue techniques
- Rope work for basic rescues and evacuations
- Radio communications
- Emergency shelters
- Improvised shelters
- Night navigation techniques



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## Modes of Delivery

This is a highly practical course that is delivered through a combination of:

- Didactic lectures in the field
- Practical training
- Practical scenarios

This course includes an accredited training element that requires pre-course online modules that are to be completed prior to attending the program. This ensures that each day students are outside to maximise their practical skills and development.

We pride ourselves on delivering this program PowerPoint FREE!

## The Trainers



Our trainers are a unique professional group who come from military, emergency service and outdoor recreation. They are an experienced bunch who will take your students from zero to hero in only a short few days!



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## Awards and Certifications

### 1. Certificate - The Remote Medic First Responder

### 2. Wilderness First Aid Certificate (Nationally Recognised)

- HLTAID009 Provide CPR
- 22282VIC Course in the Management of Asthma Risks and Emergencies in the Workplace
- 22099VIC Course in First Aid Management of Anaphylaxis
- HLTAID011 Provide first aid
- SISOFD004 Provide first aid in remote locations
- SISXEMR002 Coordinate and Emergency Response

### 3. Transcript – Academy of Extreme Environment Medicine

- CORE - Introduction to Extreme Environment Medicine (C1-IEM) (partial completion)
- CORE – Expedition Field Skills (C3-EFS) (partial completion)
- CORE – Expedition Medicine Skills (C4-EMS) (partial completion)



## COST & DURATION

### 4.5-days

\$595 per student (12 - 20 Pax)

\$555 per student (21 - 48 Pax)

### Comparison

Most other training organisations charge over \$600 for a standalone wilderness first aid course. We provide more training for less cost

### 3 day option

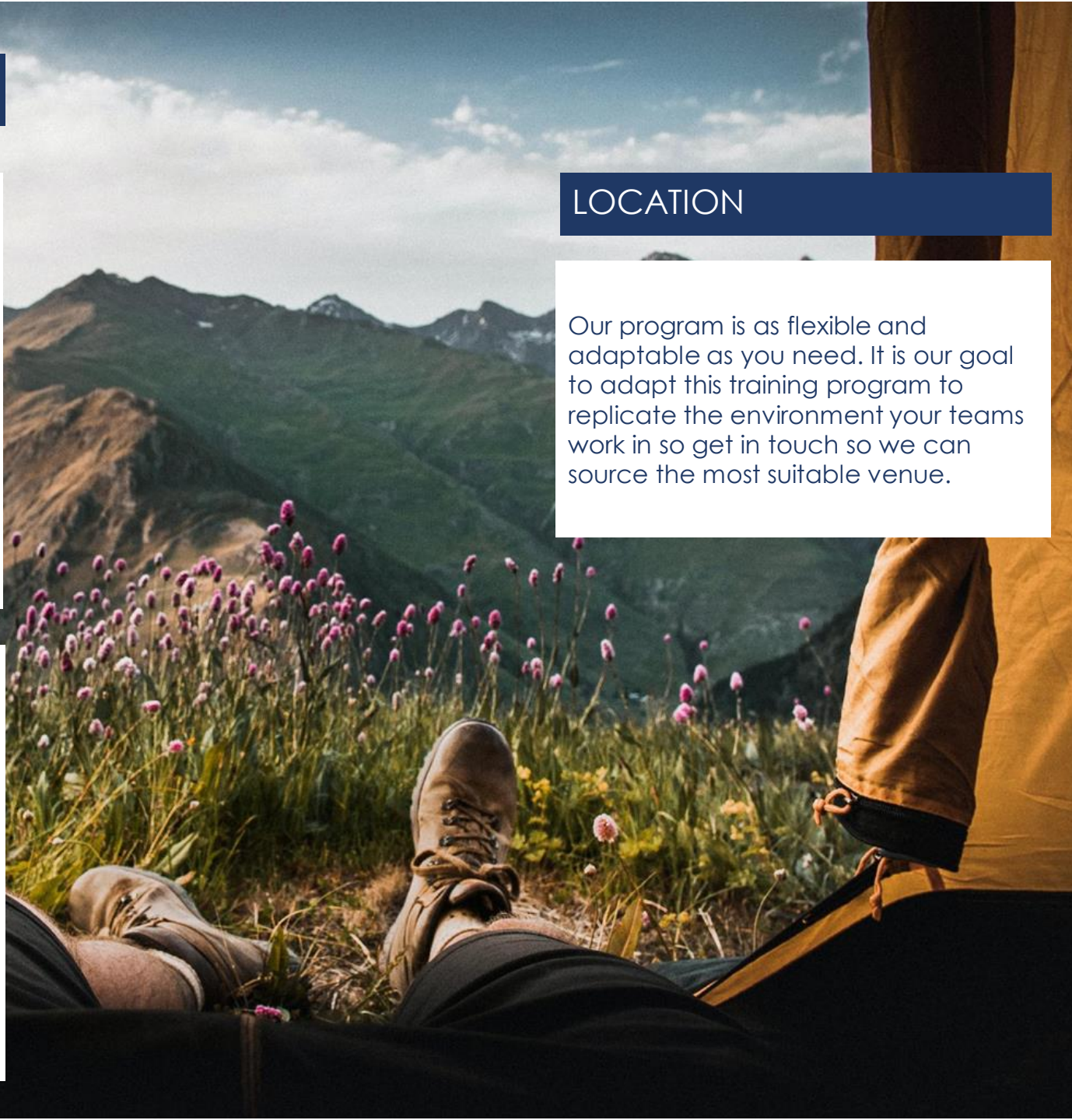
We can provide a similar program over the course of only 3 days which includes a remote first aid skill set.

\$495 per student

Contact us if this option is preferred.

## LOCATION

Our program is as flexible and adaptable as you need. It is our goal to adapt this training program to replicate the environment your teams work in so get in touch so we can source the most suitable venue.



# The Remote Medic First Responder Program

Developing responders of tomorrow through  
expedition medicine and emergency response  
training.



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