

Remote Emergency Care Competency Levels

The competencies below must be demonstrated. Each level is progressive, so candidates must be competent at the previous levels' requirements.

Remote Emergency Care Series:

Level	Minimum Competencies	Minimum Contact Time		
L1	Scene management and personal protection Legal considerations ABCDE Airway opening and Safe Airway Position Choking Assess Breathing Serious Bleeding Burns Awareness of Spinal Injuries Communicating for help CPR competence and chain of survival	6hrs		
L2	Effectiveness of CPR (discussion) Shock management Monitoring vital signs Management of Spinal Injuries Splinting Wound Management Hypoglycaemia and diabetes Hypothermia & hyperthermia, dehydration Heart Disease (including aspirin administration for cardiac event), Asthma Seizures and Stroke Drowning	16-24hrs according to NGB regs		
L3 (not First Aid at Work)	Automated External Defibrillation Eye injuries Chest injuries Anaphylaxis Triage	8 hrs		
L4 (R) or L4 (E) L2 (or equivalent) is prerequisite	Vital signs measurement including blood pressure <i>Level 4 common content</i> Fracture traction & re-alignment Splinting (using assorted splints and improvisation) CSM check during wound, fracture and burn assessment Spinal management (including jaw thrust) and transportation Automated External Defibrillation Awareness of limitations of AED use in the wilderness Fluid therapy (oral, rectal, subcutaneous, intravenous – awareness of pros and cons of each technique) Hypothermia (advanced level) Communication, monitoring and recording MCQ test	16 hrs		
	<table style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 50%; border-right: 1px dotted black; vertical-align: top;"> OPA & NPA use <i>Level 4 Rescue</i> BVM use Cervical Collar application Helmet removal Medical Gases Use of drugs (Including SC and IM administration) </td> <td style="width: 50%; vertical-align: top;"> Altitude illness <i>Level 4 Expedition</i> Animal-related illness (snakes, insects, mammals) Food and hygiene-related illness Frostbite Snowblindness Wound care (cleaning, closure and monitoring) Hyperthermia </td> </tr> </table>	OPA & NPA use <i>Level 4 Rescue</i> BVM use Cervical Collar application Helmet removal Medical Gases Use of drugs (Including SC and IM administration)	Altitude illness <i>Level 4 Expedition</i> Animal-related illness (snakes, insects, mammals) Food and hygiene-related illness Frostbite Snowblindness Wound care (cleaning, closure and monitoring) Hyperthermia	
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L5 REC L4 is prerequisite (Note – crossing between R and E not permitted)	Shoulder reduction Ottawa ankle rules Communication to on-call doctor Incident management including multiple patients Patient packaging Extended triage (long term care and evacuation)	<i>Level 5 common content</i>	16 hrs
	<i>Level 5 Rescue</i>	<i>Level 5 Expedition</i>	
	IV cannulation (paramedic assist) Advanced airway management (paramedic assist) Pulse oximetry	Helmet removal Cervical collar application Medical Gases Use of drugs (Including SC and IM administration)	
L5 (CP)	Command Physician training for doctors (content as for WCP)		16 hrs
AED (R)	CPR and AED refresher Demonstrate protocol 80% pass paper		4 hrs
Medical Gases (R)	Medical Gases refresher Demonstrate protocol 80% pass paper		4 hrs

Reference Texts

- Levels 1-3 Tod Schimelpfenig: NOLS Wilderness Medicine (ISBN-10: 0811733068)
- Levels 4&5 William W Forgey: Wilderness Medical Society – Practice Guidelines for Wilderness Emergency Care (ISBN-10: 0762741023)
- or*
- William W Forgey: Wilderness Medicine – Beyond First Aid (ISBN-10: 076270490X)
- Levels 4E&5E Paul S Auerbach: Field Guide to Wilderness Medicine (ISBN-10: 0323018947)

First Aid at Work Series (UK only):

<p>EFAW</p> <p>Certificate valid for 3 years</p>	<p>Emergency First Aid at Work</p> <p>The role of the first aider Basic hygiene Scene assessment Dealing with unconsciousness Seizures CPR Wounds, bleeding and shock Choking Minor injuries</p>	<p>6 hrs</p>
<p>FAW</p> <p>Certificate valid for 3 years</p>	<p>First Aid at Work</p> <p>In addition to the content of EFAW (above): Major illness Soft tissue injuries Bone injuries including suspected spinal injuries Chest injuries Burns and scalds Eye injuries including how to irrigate an eye Sudden poisoning Anaphylaxis Final practical and oral examination (external examiner at 1:6 ratio): Dealing with an unconscious patient, CPR and dealing with a wounded and/or bleeding patient.</p>	<p>18 hrs</p>
<p>FAWU</p> <p>EFAW or FAW is prerequisite</p> <p>This course does not extend validity of original EFAW or FAW certificate</p>	<p>FAW Basic Skills Update (annual refresher)</p> <p>Scene assessment Dealing with unconsciousness Seizures CPR Wounds, bleeding and shock First aid/procedural updates (if necessary)</p>	<p>3 hrs</p>
<p>FAWR</p> <p>FAW course is prerequisite – FAW cert holders may attend this course up to 3 months before FAW cert expires, or up to 28 days after.</p> <p>Certificate valid for 3 years</p>	<p>FAW Requalification</p> <p>Content as for full FAW course</p>	<p>12 hrs</p>

For reference texts please refer to *FAW Series Core Competencies* document.

Responder Series:

Level	Minimum Competencies	Minimum Contact Time
Remote Medical FR	Levels 2, 4(R) and 5(R) completed <i>or</i> Levels 3, 4(R) and 5(R) completed NB: This qualification is not available to individuals booking onto public courses.	6 days
WFR	ABCDE Scene management and triage, personal protection Airway opening and SAP Choking Assessment of breathing Serious bleeding CPR and Automated External Defibrillation Awareness of limitations of CPR/AED use in the wilderness Medical Gases Shock management (including anaphylaxis and epipen use) Fluid therapy (oral, rectal, sub-cutaneous, intravenous – awareness of pros and cons of each technique) Hypoglycaemia Hyperthermia, hypothermia and frostbite Heart Disease, Asthma, Diabetes, Seizures and Stroke Vital signs measurement including blood pressure Fracture traction & re-alignment Splinting (using assorted splints and improvisation) CSM check during wound, fracture and burn assessment Spinal management (including jaw thrust) and transportation Altitude illness Food and hygiene-related illness Wound care (cleaning, closure and monitoring) Animal-related illness (snakes, insects, mammals) Communication, monitoring and recording Medicolegal issues MCQ test	6 days
W-EMT WFR is prerequisite	Working effectively in difficult environmental conditions Providing effective care in diverse situations Thorough and effective patient assessment for illness and trauma Effective practical management of a variety of trauma injuries including: <ul style="list-style-type: none"> • Wilderness C-spine clearance • Neurological assessment • Shoulder reduction • Femur traction splint Effective communication with an on-line doctor Developing & implementing treatment following on-line consultation Awareness of evacuation options and constraints MCQ test	7 days
WCP	Medical direction and medical control of emergencies in the field Communication procedures Recording and reporting of patient assessments and advice given Dealing with specific medical problems in a remote setting Dealing with specific trauma problems in a remote setting Talking W-EMTs through patient management Managing and supporting W-EMT skills and knowledge Dealing with problems of extended care and patient evacuation	7 days
WFR (R)	WFR refresher	3 days
W-EMT (R)	W-EMT refresher	3 days

Reference Texts

WFR & WEMT Tod Schimelpfenig: NOLS Wilderness Medicine (ISBN-10: 0811733068)
William W Forgey: Wilderness Medical Society – Practice Guidelines for Wilderness Emergency Care (ISBN-10: 0762741023)

or

William W Forgey: Wilderness Medicine – Beyond First Aid (ISBN-10: 076270490X)

WFR Buck Tilton: Backcountry First Aid and Extended Care (ISBN-10: 0762704136)

Trainer Series:

Level	Minimum Competencies	Minimum Contact Time
<p>Train the Trainer</p> <p>REC level 4 & wilderness travel experience are prerequisite</p> <p>Application form</p>	<p>Awareness of educational elements underpinning training methods</p> <ul style="list-style-type: none"> -methods of communication (e.g. VAK) -learning styles (e.g. Honey & Mumford) -education techniques (teaching spectrum) -learning models -REC's educational model <p>Awareness of good training techniques including:</p> <ul style="list-style-type: none"> -course preparation and where to get up-to-date information -lesson planning and identification of aims/objectives -preparation, use of training aids, equipment -assessment of knowledge and competence -dealing with difficult questions <p>Demonstrate an ability to plan and prepare teaching material</p> <ul style="list-style-type: none"> -aims -training objectives -lesson plans <p>Demonstrate basic competence in the four key delivery techniques</p> <ul style="list-style-type: none"> -theory lecture/presentation (including use of training aids) -skill demonstration -practical session -scenarios <p>Demonstrate basic competence in three different educational techniques</p> <ul style="list-style-type: none"> -lecture -instruct -coach <p>Understand the</p> <ul style="list-style-type: none"> -REC core syllabus (level 2) -ACOP for First Aid <p>Understand the REC trainer development, support and sign off processes</p> <p>Understand which of the candidate's skills require development and how this can be resolved</p>	<p>4 days</p>
<p>AED and Medical Gases Trainer Training</p> <p>Category I trainers only</p>	<p>Safety issues of AED use and medical gases</p> <p>Demonstrate competence in AED protocols</p> <p>Demonstrate basic understanding of underlying theory behind AED use</p> <p>Demonstrate ability to accurately and safely train AED use</p> <p>Indications and contraindications of Oxygen and Nitrous Oxide</p> <p>Gas delivery: Cylinders, circuits, masks and prongs</p> <p>Flow rates</p> <p>Signs of overdose</p> <p>Demonstrate ability to accurately and safely train Medical Gas use</p>	<p>1 day</p>