

# Ben Cruachan Walking Club - Walk Preview

Please register with Walk Leader before the day of the walk. See website: [Upcoming Walks - Ben Cruachan Walking Club](#)

<b>Event:</b>	<b>Approaches to Isolated and Wilderness First Aid</b>			
<b>Area:</b>	<b>Maffra</b>			
<b>Date:</b>	Sunday 18 June 2023	<b>To be publicised in local papers?</b>		Yes
<b>Grade:</b>	All members	<b>Style:</b>	Training Day	
<b>Walk Length:</b>	N/A	<b>Walk Duration:</b>	All day- 8am to 5:30pm	
<b>Meeting Place:</b>	Maffra CFA - to be confirmed	<b>Meeting Time:</b>	8am	
<b>Event Summary:</b>	<p>This training event is similar to the successful and popular session held in October 2019. Debbie Ray, Area Manager Ambulance Victoria, and Jo O'Doherty, Wilderness Paramedic, have kindly agreed to share their experience and knowledge with the Ben Cruachan Walking Club. They are well qualified and experienced to talk about, give examples and provide instruction on what we can do in the case of an accident or medical emergency when we are in an isolated or wilderness area and outside help may be some time away.</p> <p>The aim of the event is to provide participants with the knowledge and skills so that when an incident happens they can respond appropriately. No certificate of training will be issued as this training is tailored for the needs of the Ben Cruachan Walking Club, not for a qualification.</p> <p>The training will include real life examples from Debbie and Jo's experience, practical sessions covering a wide range of topics including:</p> <ul style="list-style-type: none"> <li>• Appropriate 1st Aid responses for particular incidents and situations in isolated locations,</li> <li>• CPR and the use of a defibrillator,</li> <li>• Contacting emergency services,</li> <li>• The role of a wilderness paramedic their particular skills and equipment,</li> <li>• What should be in your first aid kit.</li> </ul> <p>Participants are asked to bring their own triangular and roller bandages (or snake bite bandage) and a splint, if they have these items, for practice in their use.</p> <p>Participants are to bring their own lunch, morning tea will be provided, tea and coffee will be available throughout the day.</p> <p>This event is limited to 20 participants. Please register with Joe van Beek by Tuesday 6 June. Places will be allocated on a first in bases.</p>			
<b>Event Leader:</b>		<b>Email:</b>		<b>Phone:</b>
<b>Registrations</b>	Joe van Beek		joevanbeek@bigpond.com	03 51765302 0411749799
<b>On the day</b>	Peter Jennings		pnjjennings@gmail.com	0428230444

Insert photo here



Email this preview to [walkbcwc@gmail.com](mailto:walkbcwc@gmail.com)

If preview to be publicised in local papers, email original photo which is a minimum of 200 kb with preview.