



British Antarctic Survey First Aid Refresher One day 8th or 9th Sept 2025

Faculty List 2025

Matt Warner	Medical Director, Consultant in EM	MW
Tom Odbert	ED Consultant	TO
Dave Potter	Military Consultant	DP
J Lowe	Military Consultant	JL
Daisy Stevens	Speciality Doctor EM/BASMU	DS
Tim Parham	BASMU Matron	TP
Lee Thirlby	Paramedic	LT
Phil Watts	Paramedic	PW
Richard Walker	Paramedic	RW
Ali McClellan	Emergency Nurse Practitioner	AM
Sally Jones	Emergency Department Sister	SJ
Arun Sharma	Rothera Doctor (Monday only)	AS
Al Littlewood	SDA Doctor	AL
Nate McMurdock	KEP Doctor (Monday only)	NM
Mat Leak	Signy Medic (Monday only)	ML
Dani Hawarden	Halley Doctor	DH
Sally Wright	Rothera Doctor (Summer)	SW
Mike Dinn	BASMU Remote Healthcare Manager	MD
Nicky Gawman	BASMU Sister	NG
Claire Furlonger	BASMU Secretary	CF
If the weather is good all the skills stations will be outside on the Quad Inside Skills stations will be in the hall and Library. A30 and A31 (if needed)		

09:00 (20)	Introduction to the day A bit about BASMU Covid Update	Hall	MW
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09:20 (20)	Demonstration: ABCDE Concept Basic Examination	Hall	MW/TP
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09:40 (20)	Demonstration: principles Shock Haemorrhage Control Haemostatic Agent C.A.T.2 Pressure Bandage/ Elevation	Hall	JL/TP
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10:00 (45)	Skills station: Cat 2 KTD Pelvic binder Pressure bandage					
Instructor	LT/AS	PW/AL	RW/NM	DS/ML	SJ/DH	AM/SW
Group	1	2	3	4	5	6
Location	Hall1	Hall2	Hall3	Hall 4	Lib1	Lib 2

10:45 Coffee 30 mins

11:15 (15)	Demonstration: Sepsis	Hall	DS/TO
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11:30 (50)	Skills station: Primary Survey Vital Signs ATMIST Observation charts					
Instructor	DS/AS	SJ/AL	ML/RW	PW/NM	LT/DH	KB/SW
Group	1	2	3	4	5	6
Location	Hall1	Hall2	Hall3	Hall4	Lib1	Lib2

12:20 (20)	Skills station: Unconscious patient AVPU Recovery Position					
Instructor	DS/SW	DP/DH	LT/ML	PW/NM	RW/AL	AM/KB
Group	1	2	3	4	5	6
Location	Hall1	Hall2	Hall3	Hall4	Lib1	Lib2

12:40 Lunch 1 hour

13:40 (30)	Skills station: BLS AED Choking					
Instructor	PW/SW	LT/DH	SJ/ML	KB/NM	RW/AS	AM/AL
Group	1	2	3	4	5	6
Location	Hall1	Hall2	Hall3	Hall4	Lib1	Lib2

14:10 (40)	Skills station: Airway Management Anaphylaxis					
Instructor	MW	KB	JL	DP	RW	LT
Group	1	2	3	4	5	6
Location	Hall1	Hall2	Hall3	Hall4	Lib1	Lib2

14:50 (20)	Demonstration: Environmental Hazards Cold Injury Co2	Hall	JL
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15:10 (25)	Limb Injuries	Hall	DP
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15:35 (20)	Skills station: Analgesia Penthrox Fentanyl Lozenges IN Narcan FMB					
Instructor	NM/TO	TP	MW	KB	JL	DP
Group	1	2	3	4	5	6
Location	Hall1	Hall2	Hall3	Hall4	Lib1	Lib2

15:55 (20)	Skills station: Wound Care					
Instructor	RW	AM	TP	PW	KB	SJ
Group	1	2	3	4	5	6
Location	Hall1	Hall2	Hall3	Hall4	Lib1	Lib2

16:15 (10)	Scan QR code to complete feedback form, certificate will be emailed to candidate.
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