



## **British Antarctic Survey Advanced First Aid Course**

**10<sup>th</sup> – 12<sup>th</sup> Sept 2025**  
**BAS Cambridge**

### **Faculty List 2025**

Matt Warner	1	Medical Director, Consultant in EM	MW
Mike Dinn	2	BASMU Remote Healthcare Manager	MD
J Lowe	3	Military Consultant	JL
Dave Potter	4	Military Consultant	DP
Tim Parham	5	BASMU Matron	TP
Tom Odbert	6	Emergency Medicine Consultant	TO
Daisy Stevens	7	Speciality Doctor Emergency Medicine/BASMU	DS
Arun Sharma	8	Rothera Doctor	AS
Alistair Littlewood	9	SDA Doctor	AL
Nathanial McMurdock	10	KEP Doctor	NMc
Danielle Hawarden	11	Halley Doctor	DH
Sally Wright	12	Rothera Doctor (Summer)	SW
Mat Leak	13	Signy Medic	ML
Nisha Mistry	14	Ex SDA Doctor	NM
Katie Bowen	15	Ex Rothera Doctor	KB
Paul Anderson	16	Paramedic	PA
Lee Thirlby	17	Paramedic	LT
Phil Watts	18	Paramedic	PW
Rich Walker	19	Paramedic	RW
Sally Jones	20	ED Sister	SJ
Allie McClellan	21	ED Emergency Nurse Practitioner	AM
Nicky Gawman	22	BASMU Sister	NG
Claire Furlonger	23	BASMU Secretary	CF

## Group mentors

Group	Mentor	
1	Tom Odbert	TO
2	Lee Thirlby	LT
3	Arun Sharma	AS
4	Alistair Littlewood	AL
5	Nisha Mistry	NM
6	Nathanial McMurdock	MMc
7	Phil Watts	PW
8	Allie McClellan	AM
9	Rich Walker	RW
10	Danielle Hawarden	DH
11	Mat Leak	ML
12	Sally Wright	SW
13	Katie Bowen	KB
14	Paul Anderson	PA
15	Daisy Stevens	DS
16	Sally Jones	SJ

**We plan to deliver as much of this course as possible outside on the grass but if the weather is wet the stations will be held indoors in the following areas.**

Hall1	H1 = left corner by stage
Hall 2	H2 = right corner by stage
Hall3	H3 = inside left of double doors
Hall4	H4 = inside right of double doors
Library 1	Lib1 = Library by double doors
Library 2	Lib2 = Library far end
C33	Top hospital wing
C34	Top hospital wing
C35	Top hospital wing
C24	Top Orchard wing
C25	Top Orchard wing
C26	Top Orchard wing
C27	Top Orchard wing
C28	Top Orchard wing
C29	Top Orchard wing
C30	Top Orchard wing
A30	Ground floor, Orchard wing
A31	Ground floor, Orchard wing

## Day 1 10<sup>th</sup> September

Time	Subject	Venue	Instructor
<b>08:45 – 09:10</b> (25)	Introduction Covid Update:	Hall	MW

<b>09:10 - 09:30</b> (20)	Demonstration: Concepts: SAFE, ABCDE (multitasking)	Hall	MW/TP
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<b>09:30 – 10:00</b> (30)	Demonstration: Primary Survey – how to guide including Shock and Haemorrhage Control	Hall	JL/TP
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<b>10:00 – 10:40 (40)</b>	Skill station: <b>A:</b> ATMIST / SAMPLE Primary Survey Mini scenario								Skill Station: <b>B</b> C.A.T.2 Haemostatic Agent BLAST/Pressure Bandage							
Instructor	AM	SW	PW	LT	DS	AS	AL	NM	RW	PA	TO	JL	ML	KB	DP	DH
Skill	<b>A</b>	<b>A</b>	<b>A</b>	<b>A</b>	<b>A</b>	<b>A</b>	<b>A</b>	<b>A</b>	<b>B</b>	<b>B</b>	<b>B</b>	<b>B</b>	<b>B</b>	<b>B</b>	<b>B</b>	<b>B</b>
Skill Station Outside	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
Skill Station Inside	H1	H2	H3	H4	L1	L2	C 33	C 34	C 35	C 24	C 25	C 26	C 27	C 28	C 29	C 30
<b>10:00 - 10:40 Group</b>	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16

<b>10:40</b>	<b>Coffee 30 mins</b>
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<b>11:10 – 11:50 Group</b>	9	10	11	12	13	14	15	16	1	2	3	4	5	6	7	8
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<b>11:50 – 12:35 (45)</b>	Skill station: <b>A</b> Vital Signs Blood glucose monitoring								Skill Station: <b>B</b> Unconscious patient + scenario AVPU Recovery Position							
Instructor	PA	SJ	AL	AM	TP	PW	SW	ML	RW	TO	LT	DS	NM	KB	NMc	DH
Skill	A	A	A	A	A	A	A	A	B	B	B	B	B	B	B	B
Skill Station Outside	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
Skill Station Inside	H1	H2	H3	H4	L1	L2	C 33	C 34	C 35	C 24	C 25	C 26	C 27	C 28	C 29	C 30
<b>11:50 – 12:35 Group</b>	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
<b>12:35 – 13:20 Group</b>	9	10	11	12	13	14	15	16	1	2	3	4	5	6	7	8

**13:20 – 14:20 Lunch**

<b>14:20 – 15:05 (45)</b>	Skills station: A Airway Management Anaphylaxis / Epipen								Skills Station: B BLS AED Choking							
Instructor	MW	JL	TO	NM	SW	DH	DS	NMc	DP	PW	AS	LT	SJ	AL	PA	AM
Skill	<b>A</b>	<b>A</b>	<b>A</b>	<b>A</b>	<b>A</b>	<b>A</b>	<b>A</b>	<b>A</b>	<b>B</b>	<b>B</b>	<b>B</b>	<b>B</b>	<b>B</b>	<b>B</b>	<b>B</b>	<b>B</b>
Skill Station Outside	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
Skill Station Inside	H1	H2	H3	H4	L1	L2	C 33	C 34	C 35	C 24	C 25	C 26	C 27	C 28	C 29	C 30
<b>14:20 – 15:05 Group</b>	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
<b>15:05 – 15:50 Goup</b>	9	10	11	12	13	14	15	16	1	2	3	4	5	6	7	8

**15:50-16:00 - Meet with mentors**

**16:00 Finish**

## DAY 2 12<sup>th</sup> September

<b>09:00 - 09:10</b> (10)	Introduction of today	Hall	MW
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<b>09:10 – 09:30</b> (20)	Demonstration: Sepsis and being a responsible human	Hall	TO
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<b>09:30 – 09:50</b> (20)	Limb Injuries	Hall	DS
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**09:50**

**A** Log roll & Helmet removal

**B** Blizzard blanket + ready heat blanket

**C** MIBS

**D** Scoop

**E** Pelvic Splint

**F** Vacuum Splints.

**G** KTD.

**H** SAM Splints. Slings & bandages

**Groups rotate through every other skills station on grass outside (20-minute sessions)**

Instructor	TO	DP	AM	TP	PW	LT	PA	ML	RW	DH	AS	AL	NMc	SW	NM	SJ/ KB
Skill station	A	A	B	B	C	C	D	D	E	E	F	F	G	G	H	H
Skill Station outside/inside	1 H1	2 H2	3 H3	4 H4	5 L1	6 L2	7 C 33	8 C 34	9 C 35	10 C 24	11 C 25	12 C 26	13 C 27	14 C 28	15 C 29	16 C 30
<b>09:50 - 10:10</b>	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
<b>10:10 – 10:30</b>	15	16	1	2	3	4	5	6	7	8	9	10	11	12	13	14
<b>10:30 – 10:50</b>	13	14	15	16	1	2	3	4	5	6	7	8	9	10	11	12

**10:50-11:20 coffee**

<b>11:20 - 11:50</b>	11	12	13	14	15	16	1	2	3	4	5	6	7	8	9	10
<b>11:40 - 12:00</b>	9	10	11	12	13	14	15	16	1	2	3	4	5	6	7	8
<b>12:00 - 12:20</b>	7	8	9	10	11	12	13	14	15	16	1	2	3	4	5	6
<b>12:20 - 12:40</b>	5	6	7	8	9	10	11	12	13	14	15	16	1	2	3	4
<b>12:40 - 13:00</b>	3	4	5	6	7	8	9	10	11	12	13	14	15	16	1	2

## 13:00 – 14:00 Lunch 1 hour

<b>14:00</b> (30)	Skills station: A Analgesia Pain assessment Penthrox Fentanyl Lozenges IN Narcan Manipulation with analgesia								Skills station: B IAP (Immediate aid pack) PHC (Primary health care) FRB (first response bag) PIFAK (personal issue first aid kit)							
Instructor	N Mc	SJ	AM	JL	LT	SW	DH	RW	MW	TP	KB	PA	DS	TO	NM	DP
Skill station	A	A	A	A	A	A	A	A	B	B	B	B	B	B	B	B
Skill Station outside/ inside	1 H1	2 H2	3 H3	4 H4	5 L1	6 L2	7 C 33	8 C 34	9 C 35	10 C 24	11 C 25	12 C 26	13 C 27	14 C 28	15 C 29	16 C 30
14:00 - 14:30 Group	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
14:30 – 15:00 Group	9	10	11	12	13	14	15	16	1	2	3	4	5	6	7	8

<b>15:00 – 15:30 (30)</b>	Skills station: Wound Care															
Instructor	TP	DH	AM	SJ	RW	DS	LT	NM	AS	AL	NMc	ML	PW	KB	PA	ML
Group	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
Skill station outside/inside	1  H1	2  H2	3  H3	4  H4	5  L1	6  L2	7  C 33	8  C 34	9  C 35	10  C 24	11  C 25	12  C 26	13  C 27	14  C 28	15  C 29	16  C 30

<b>15:30 (30)</b>	Major Incident Response	Hall	MW
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**16:00 – 16:10 Meeting with mentors**

**16:10- Finish**

## DAY 3 13<sup>th</sup> September

<b>09:00 – 09:10</b> (10)	Introduction of today	Hall	MW
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<b>09:10 – 09:40</b> (30)	Environmental Issues including: Cold Injury Carbon Monoxide poisoning Snow blindness	Hall	JL
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<b>09:40 – 10:10</b> (30)	Love & Life Mental Health Wellbeing	Hall	MW/ DP
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<b>10:10 – 10:30</b> (20)	Scenario Teaching	Hall	BASMU Instructors
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### 10:30 – 11:00 Coffee 30 mins

<b>11:00</b>	Scenarios: Outside on the Cloister Court if weather good, if not in classrooms: Each group will go to the allocated stations below; a different person should lead their group at each station. Each scenario is 10 mins
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Location	OK	OK	OK	OK	A 30	A 31	C 33	C 34	C 35	C 24	C 25	C 26	C 27	C 28	C 29	C 30
Instructor	DH	SW	AS	TO	DS	RW	JL	AL	LT	KB	NM	DP	NMc	PA	TP	ML
Casualty	X	V	CF	V	V	V	V	V	MD	V	AM	V	V	V	PW	SJ
11:00	A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P
11:10	16	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
11:20	15	16	1	2	3	4	5	6	7	8	9	10	11	12	13	14
11:30	14	15	16	1	2	3	4	5	6	7	8	9	10	11	12	13
11:40	13	14	15	16	1	2	3	4	5	6	7	8	9	10	11	12
11:50	12	13	14	15	16	1	2	3	4	5	6	7	8	9	10	11
12:00	11	12	13	14	15	16	1	2	3	4	5	6	7	8	9	10
12:10	10	11	12	13	14	15	16	1	2	3	4	5	6	7	8	9
12:20	9	10	11	12	13	14	15	16	1	2	3	4	5	6	7	8

### Lunch 12:30 – 13:30

13:30	8	9	10	11	12	13	14	15	16	1	2	3	4	5	6	7
13:40	7	8	9	10	11	12	13	14	15	16	1	2	3	4	5	6
13:50	6	7	8	9	10	11	12	13	14	15	16	1	2	3	4	5
14:00	5	6	7	8	9	10	11	12	13	14	15	16	1	2	3	4
14:10	4	5	6	7	8	9	10	11	12	13	14	15	16	1	2	3
14:20	3	4	5	6	7	8	9	10	11	12	13	14	15	16	1	2
14:30	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	1

<b>14:40 – 15:10</b> (30)	<b>Tea 30 mins</b> Clear up & pack kit away	
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<b>15:10 – 15:25</b> (15)	Meet with mentors, course debrief with opportunity to discuss course. Scan QR codes, certificates will be sent via email once feedback has been completed.	Hall
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## 15:25 Course ends