OUTREACH
RESCUE



PREHOSPITAL TRAUMA LIFE SUPPORT (PHTLS) FOR FIRST RESPONDERS

Goal:

To equip First Responders with the knowledge, confidence, and practical skills to provide effective, immediate trauma care and improve patient outcomes before advanced medical assistance arrives.

Target group:

Emergency medical responders, firefighters, rescue personnel, and law enforcement officers involved in prehospital emergency care.

Highlights:

- Delivers world-class trauma care principles specifically adapted for first responders.
- Blends concise classroom instruction with extensive hands-on skills and realistic simulations.
- Accredited by NAEMT and aligned with current evidence-based trauma management practices.

PHTLS-FR (NAEMT) Trauma Care Training

Course length

8 hours (1 day)

Instructor

1:6

Period of validity

4 years

Certification

NAEMT Certificate of Completion; 8 hours of CAPCE credit awarded.

Venue

Llanllechid, Bangor, Gwynedd, North Wales LL57 3HY. Available at other locations upon request.

Description

PHTLS for First Responders (PHTLS-FR) delivers the internationally recognised Prehospital Trauma Life Support framework in an accessible 8-hour format for those who are often first on scene. Developed by NAEMT and the American College of Surgeons Committee on Trauma, the course teaches evidence-based trauma care principles tailored to ambulance crews, emergency medical responders, Firefighters, rescue teams, and law enforcement personnel.

Through structured lessons, practical skill stations, and interactive patient simulations, participants learn to manage airway compromise, severe bleeding, shock, and spinal injuries using the XABCDE method. Emphasis is placed on critical thinking, effective scene management, and rapid, prioritised patient care.

Upon successful completion, learners receive an internationally recognised certificate of completion valid for four years, along with eight hours of CAPCE-accredited continuing education credit.

Compliance:

Developed by the National Association of Emergency Medical Technicians (NAEMT) in cooperation with the American College of Surgeons Committee on Trauma (ASC-COT).

Previous knowledge:

Basic understanding of first aid and emergency response principles recommended.

Requirements:

Learners must be physically capable of performing basic trauma interventions and patient handling techniques.

Progression:

Learners may progress to the 2-day PHTLS Course or other advanced trauma or medical response training.

Theoretical elements:

– Principles of trauma care and PHTLS overview
– Scene management and structured patient assessment
– Airway, ventilation, and oxygenation strategies
– Circulation, haemorrhage control, and management of shock
– Disability assessment: head and spinal trauma overview

Practical elements:

– Airway management and bag-valve-mask ventilation
– Tourniquet application and wound packing
– Rapid extrication and patient movement techniques
– Scenario-based trauma simulations using the XABCDE approach
– Assessment and management of multi-system trauma