



**Full Report on**  
**Five-Day Intensive Wilderness First Aid Course**  
**July 7-11, 2018**





## **Acknowledgement**

We are proud to report the successful completion of Five-day Intensive Wilderness First Aid Course conducted for guides.

We take this opportunity to express our sincere gratitude towards Chief Instructor Dr. Ajit Gurung for his invaluable time and effort. We would like to convey our thanks for his continuous support and guidance. We are also equally thankful to other instructors Mr. Rajendra Karmacharya and Mr. Udaya Sherchan, the program wouldn't have been successful without the dedication of all of them.

We also like to acknowledge our Coordinator Mrs. Sadiksha Basnet (KEEP) for her hard work and thorough support during the training and our staff member Ms. Narmada Lamichhane for her continuous assistance during the course.

Lastly, we acknowledge all the participants of the training for their enthusiasm, dedication, patience and active participation during the entire training course.

Thank you all,  
RK Shrestha  
Advisor/CEO  
Kathmandu Environmental Education Project (KEEP)



## **1. Introduction**

Tourism has always been an essential component of development in Nepal. This makes it one of the major industry supporting nation's economies.

Especially in Nepal, tourism benefits many different sectors of the economy, from infrastructure development to human development. It has become the major driver for economic development in many ways. Besides being the chief source of Foreign Exchange, tourism provides direct employment opportunities to the community people. For the developing world where people live below the poverty line, tourism provides respite to both the locals and the country by generating employment opportunities and promoting and preserving indigenous art and culture.

Despite such phenomenal growth of tourism, the key stakeholders; Leader/ guides, porters, and tourism entrepreneurs still lack necessary skills and knowledge to ensure its sustenance.

Hence, it is imperative that individuals/ institution related to tourism realize the need to develop skillful tourism professionals to ensure better professionalism in this service sector.

Kathmandu Environmental Education Project (KEEP) has been conducting various training courses and workshops to strengthen the capabilities and provide information to these tourism professionals in order to preserve their environment and culture. Various training courses and workshops offers include the English Language Course, Nepali Language Course, Wilderness First Aid Course, Community Development Program, Environmental Awareness & Cleanup Campaign etc.

One of our vital training programs, the Wilderness First Aid Course, aims to provide tourism professionals with the practical skills providing comprehensive information on First Aid and Mountain Safety. The curriculum includes the ADULT CPR, prevention and treatment of minor health problems and injuries, recognition and treatment of AMS, hypothermia and frostbite, as well as instruction on the use of Portable Altitude Chamber (PAC), Oxygen Therapy and Pulse Oximeter.



## **2. Objectives**

The basic objective of this course was to provide the participants with the practical skills on first hand first aid that ought to be promptly applied during trekking in case any injury or casualties.

Overall objectives of the course are as follows:

- Enhance knowledge on the recognition of the illness.
- Improve skill on choosing the right treatment and medicine.
- Develop confidence on acting promptly and accurately in fields.
- Enhance their knowledge on AMS.
- To make the participants able to use PAC, Oxygen therapy and Pulse Oxymeter whenever required during the trek.

## **3. Course Structure**

The course was conducted for Five days. It included all the necessary stuffs required for the safe trekking in mountains. The course was divided into two sections, theory and practical. First of all the theory was explained followed by demonstration and practice. The lectures were given in both English and Nepali language. In the end of the course the student were provided certificate of appreciation and First Aid card.

## **4. Participants**

All total 27 participants registered for the course. All the participants were tourism professionals and were highly motivated towards the training. During the closing ceremony a participant were given open space to share their feedback about the program. The feedbacks were highly encouraging and satisfying.

## **5. Conclusion:**

Wilderness First Aid Course is very important for the trekking professionals as safety in the mountains is a fundamental concern. Being well prepared to handle Altitude sickness and emergencies is the best way to keep clients and staff healthy .Therefore, its importance is immense to all who are involved in tourism including the trekking professionals. The course was designed to enable the participants to be aware of the dangers and act on any emergency situations in the



high altitude. All the participants were patient, hardworking and enthusiastic wanting to gain a lot during the short time duration and helped in making program a success.

## **6. Annex**



*Regular Class by Dr. Ajit Gurung*



*Practical Demonstration by Instructor Uday Sherchan*



*Respiration Checking*



*Bandage Practice*



*CPR Practice Under the Supervision of Instructor Rajendra Shrestha*



*PAC Bag Practice*



*Closing Speech by Vice President*



*Feedback session*



*Certificate Distribution*