

香港航空青年團

HONG KONG AIR CADET CORPS

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From:	OC E&M Flt & OC FA Flt, SD Wg	To:	All OC Major Units
Ref:	(02)/EWS/2019	Cc:	DCO SD&S, OC SD&S Gp, OC SD Wg
Pages:	2	Date:	2 August 2019

Expedition & Mountaineering Workshop Series:

Wilderness First Aid Workshop (野外急救工作坊)

Unpleasant conditions may happen at any time during recreational wilderness trip due to unexpected reasons which may cause hazards. In order to increase the awareness of health and safety expedition to all members of the Corps, Expedition and Mountaineering Flight and First Aid Training Flight have co-organized the above workshop for all interested members. The Wilderness First Aid Workshop (WFAW) aims at introducing first aid treatments for injuries and illnesses common in the outdoors, and how to make appropriate responses and evacuation decisions. Details are as follows.

Workshop (工作坊)

Date:	22nd September, 2019 (Sunday)
Backup Date:	<i>20th October, 2019 (Sunday)</i>
Time:	0900 - 1700 hrs
Assembly Venue:	北潭涌西貢郊野公園遊客中心
Target Candidate(s):	BC or above with valid adult first aid certificate
Course Instructor(s):	Flt Lt (sp) WONG Hin Keung - OC First Aid Trg Flt <i>MBBS(HK), FRCSEd(Orth), FHKCOS FHKAM(Orthopaedic Surgery), MMedSc(HK)</i> Fg Off (sp) Ken K L WONG - OC Phy Asmt Flt <i>First Aid, AED & Emergency Medical Technician (EMT) Lecturer (St John Ambulance) Basic Life Support Instructor (European Resuscitation Council)</i> Fg Off Nelson K K LEUNG - OTO, E&M Flt WO MAN Ka Hung Kevin - Chief Expedition Instructor
Class Size:	24 (random drawing)
Activity Fee:	HK\$20/ person
Dress Code:	Cadet Member - Corps Tee or Wing Tee Adult Member - Corps Polo Sport Pants Sport Shoes / Hiking Shoes
Content:	傷者搬運法、野外急救教學及演習
Equipment:	1. At least 2L Drinking Water 2. Packed lunch 3. Poncho 4. Notebook and Pen 5. Spare Clothing

First Aid Revision Lecture (急救重溫課堂)

Date:	17 th September, 2019 (Tuesday)
Time:	1930 - 2130 hrs
Venue:	The Hong Kong Polytechnic University
Target Candidate(s):	Successful applicants of WFAW
Lecturer:	Fg Off (sp) Ken K L WONG
Remark:	1. All successful applicants must attend the mandatory revision lecture 2. Activity fee will be collected during the lecture

Interested parties, on one hand, please submit the application form (*Appendix I*) in **MS Word format**, health declaration form (*Appendix II*) and PAR-Q form (*Appendix III*) in **PDF format** to acc.exped@gmail.com & hkwonghk@yahoo.com by **6th September, 2019 (Friday) 2359 hrs**. On the other hand, please also submit the original copy of signed forms to E&M Flt pigeonhole in HQ by the same date as mentioned.



Fg Off Philip C Y WONG
Officer Commanding Expedition and Mountaineering Flight