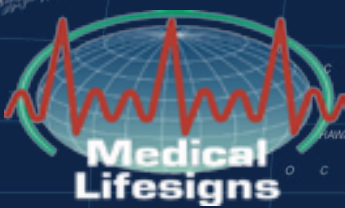


Lifesigns Group



**Medical
Lifesigns**



YOUR MAP TO SUCCESS

CONSULTING

- Expedition Advisory Services
- Television Support Services
- Risk Assessment Training
- Child Protection Training
- Off-Site Safety Management
- Crisis Management Training

OUTDOOR EDUCATION

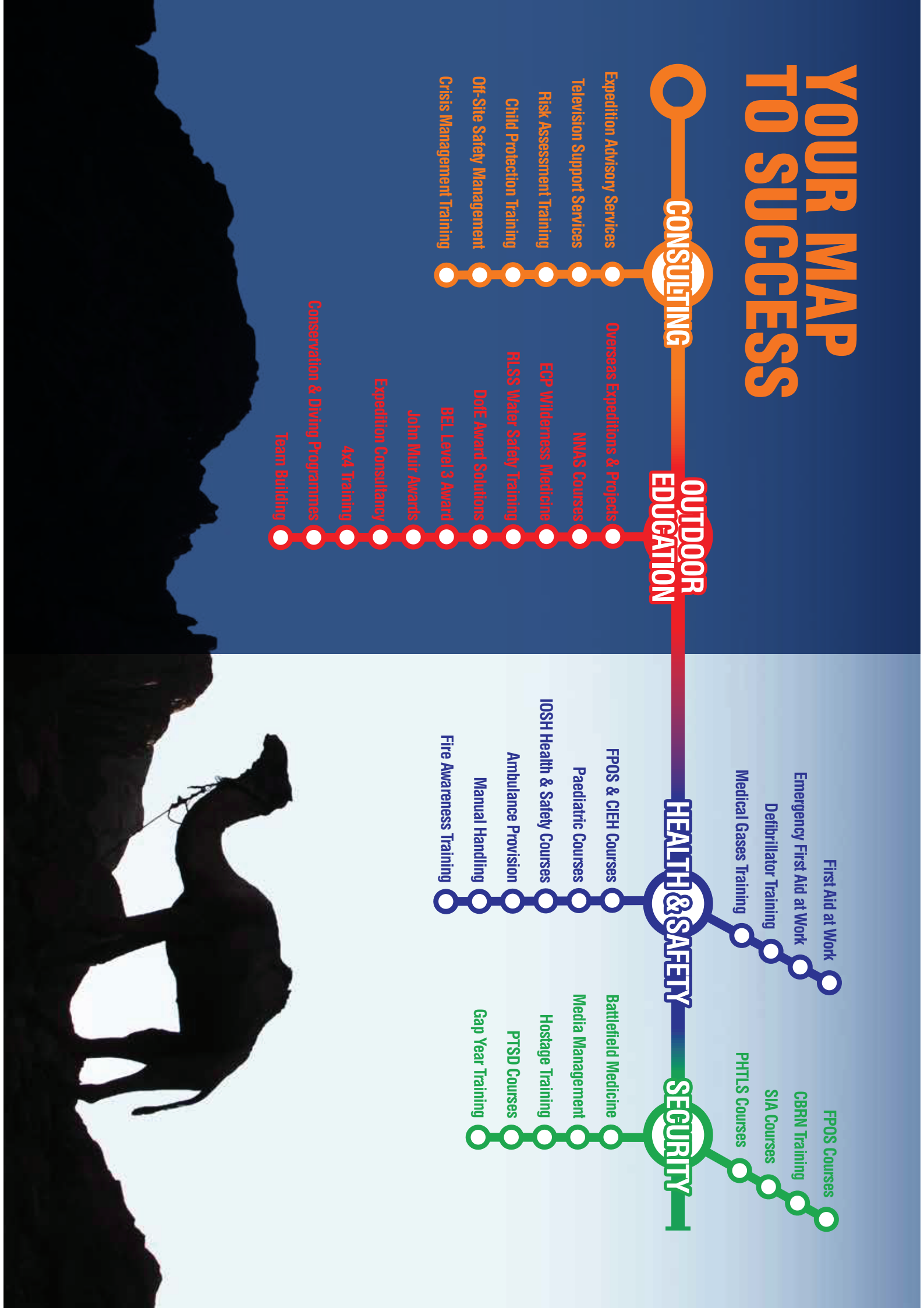
- Overseas Expeditions & Projects
- MMAS Courses
- ECP Wilderness Medicine
- RLSS Water Safety Training
- DofE Award Solutions
- BEL Level 3 Award
- John Muir Awards
- Expedition Consultancy
- 4x4 Training
- Conservation & Diving Programmes
- Team Building

HEALTH & SAFETY

- FPOS & CIEH Courses
- Paediatric Courses
- IOSH Health & Safety Courses
- Ambulance Provision
- Manual Handling
- Fire Awareness Training

SECURITY

- First Aid at Work
- Emergency First Aid at Work
- Defibrillator Training
- Medical Gases Training
- FFOS Courses
- CBRN Training
- SIA Courses
- PHTLS Courses
- Battlefield Medicine
- Media Management
- Hostage Training
- PTSD Courses
- Gap Year Training



ADVENTURE LIFESIGNS™



www.adventurelifesigns.co.uk

We specialise in providing bespoke outdoor programmes for both the youth and adult markets, covering the length and breadth of the UK. If you are looking for an overseas expedition, medical training course or a team building session, you have come to the right place.

We pride ourselves in high quality customer service. We know our clients and you won't be dealing with a corporate call centre who know you only as a reference number. A tailored, personal touch is important to us. As a medium sized, privately owned company and bespoke provider of expeditions and outdoor activities, our clients tell us that we provide the flexible, personalised approach and level of customer service that is often lacking in larger, mass market providers. Adventure Lifesigns™ believe passionately in the benefits of outdoor education and we ensure that only the best instructors work for us.

With a Head Office in rural Surrey in the UK, as well as four offices worldwide, we operate in

over 32 countries and lead the field in innovation and safety. Adventure Lifesigns™ were the first UK expedition company to introduce the satellite tracking of teams and the first to use remote medical back-up. Anything can happen on expedition - that's the whole point, what we do is make it safe and enjoyable! We work with client schools in the private and state school sectors, across the UK, from Scotland to the South of England and in between!

- Overseas expeditions
- UK outdoor activities
- D of E
- Bushcraft
- Team Building

"I am a teacher who has recently returned from a trip to Ethiopia organised by Adventure Lifesigns™. Having been on a number of expeditions to different parts of the world with other expedition companies, I can honestly say that the service provided by Adventure Lifesigns™ has been outstanding. The communication between the school and the company has been very good. The leader provided couldn't have been better, he was knowledgeable, experienced and got on



well on with all the members of the group. Safety was a priority but this never got in the way of an adventurous and cultural experience. It was wonderful to watch our party grow in confidence and independence as the expedition progressed and I believe that Adventure Lifesigns™ provided a life changing experience not only for the participating students but the accompanying teachers too."

Woodhouse Grove School Ethiopia

GORAL GAY CONSERVATION™



www.coralcay.org

Coral Cay Conservation™ is an internationally renowned and accredited conservation specialist dedicated to providing the resources to help protect coral reefs and tropical rainforests throughout the developing world.

Initially established in 1986, CCC™ pioneered a successful 'citizen science' approach by using international volunteers to help collect the scientific data needed to develop and implement effective grass-roots conservation solutions.

We are committed to involving local stakeholders so that the communities we work with can benefit directly from our conservation efforts. We rely on a 'bottom-up' approach to conservation, with the belief that the only way to

successfully preserve endangered ecosystems is by involving the local custodians throughout the process.

Sites:

- Montserrat
- Philippines

For further information, please visit www.coralcay.org

"We have complete confidence in CCC™ as a highly professional organisation and would recommend the experience to any potential volunteer of any age, who wishes to spend time participating in a truly important environmental conservation activity. While developing new skills and discovering previously unknown personal attributes."

Chris & Joan Foster, a parents perspective



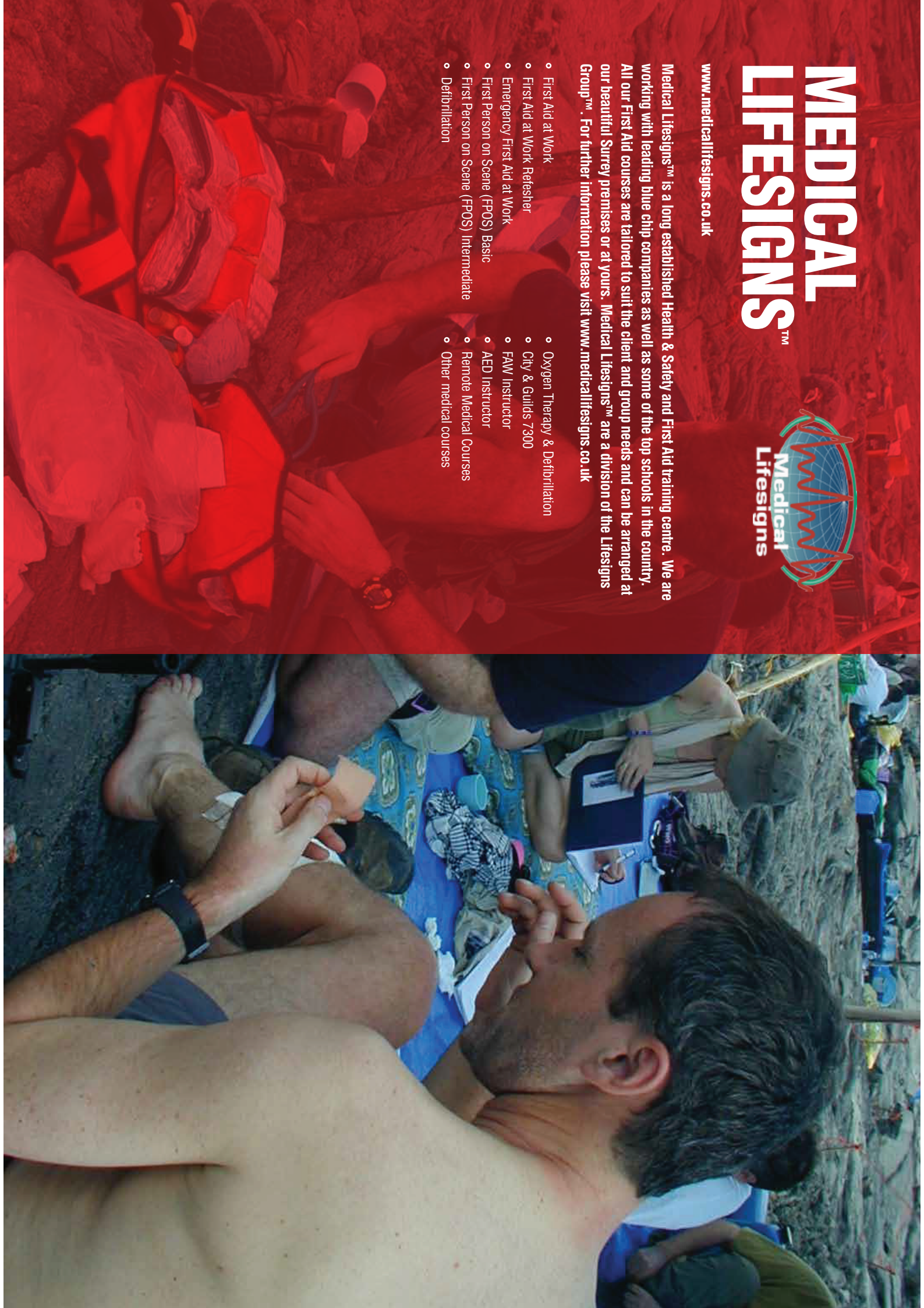
MEDICAL LIFESIGNS™



www.medicallifesigns.co.uk

Medical Lifesigns™ is a long established Health & Safety and First Aid training centre. We are working with leading blue chip companies as well as some of the top schools in the country. All our First Aid courses are tailored to suit the client and group needs and can be arranged at our beautiful Surrey premises or at yours. Medical Lifesigns™ are a division of the Lifesigns Group™. For further information please visit www.medicallifesigns.co.uk

- First Aid at Work
- First Aid at Work Refresher
- Emergency First Aid at Work
- First Person on Scene (FPOS) Basic
- First Person on Scene (FPOS) Intermediate
- Defibrillation
- Oxygen Therapy & Defibrillation
- City & Guilds 7300
- FAW Instructor
- AED Instructor
- Remote Medical Courses
- Other medical courses



EXPEDITION CARE PROGRAM™



www.expeditioncareprogram.com

The Expedition Care Program and Exploration Care Program are specialist safety programs catering for the needs of the two respective sectors. Both ECP Programs include medical and non medical safety training elements to address the main hazards whilst operating overseas, from vehicle safety training to water based safety, Hostile Environments Training to Hygiene and Tropical Health and Security briefings. Specialist services also include crisis response training and table top and field exercises. Our training courses have been developed in conjunction with our clients in the respective fields. They are practical, effective and proven. Our consultants include specialists with decades of experience.

These safety programs are underpinned by Remote Environment Medical Training. The ECP modular medical programme was developed by doctors, military trauma medics and experienced outdoor instructors, to meet the growing medical needs of the expedition, exploration, media and travel industries. There are seven standard programmes, catering for the diverse requirements of our customers, ranging from an introductory first aid level through to advanced medical procedures for doctors, nurses and those operating in remote environments where more advanced skills may be the difference between success and failure. Bespoke programmes are also available upon request.

Our instructors are regularly called on to provide specialist lectures on expedition medical and safety issues. These include some of the best known providers in the expedition sector including National Geographic, media organizations such as the BBC and academic establishments such as the Liverpool School of Tropical Medicine. All of our courses and Instructors are fully insured via Lloyds of London.

Now in our 17th year of trading, we have trained over 10,000 people worldwide, encompassing many nationalities, including delivering training overseas from China to Peru, Sarawak to Belize and Germany to Norway. Our clients include Exploration geologists to Outdoor professionals, Expedition Leaders to TV presenters, Gap year students to serving military. We are proud of our client list which includes leading companies from the expedition and mineral exploration industries as well as prestigious academic establishments sending researchers overseas and medics who require training or experience in remote or hostile environments.



Courses Available:

- ECP Level 1 - Explorer First Aid
- ECP Level 2 - Exploration Medicine
- ECP Level 3 - First Person on Scene (Intermediate)
- ECP Level 4 - Wilderness Medical Society compliant Wilderness First Responder course
- ECP Level 5 - Remote Area Medical Management R.A.M.M.™
- ECP Level 6 - Wilderness Emergency Medical Technician
- ECP Level 7 - ECP Medic
- First Person on Scene Basic Courses
- First Person in Scene Intermediate Courses
- Exploration Medicine Courses
- Remote Environment Medical Training
- Oxygen Therapy & Defibrillation Courses
- Risk Management on Overseas Programmes (1 Day)
- Risk Management on Overseas Programmes (2 Days)
- Off-Site Safety Management Courses
- National Water Safety Management Programme
- Hostile Environments Training
- Vehicle Safety Solutions
- Survival Training Program
- Other Courses

I received this quote from one of the Trainees this morning that sums it up I think: "Our First Aid course was really fascinating for me and a great insight into how important it is to have such a skill set when it comes to expeditioning." For us these courses make sense and are totally relevant to our expeditions and environments.

Operations Manager, British Exploring Society

RISK LIFESIGNS™



www.risklifesigns.co.uk

Risk Lifesigns™ is part of the Lifesigns Group™ of companies and has been operating for over a decade. We provide tailor-made modular courses, consultancy and equipment for client companies and organisations.

Clients to whom we have provided training include leading Media companies from the UK and overseas (e.g. BBC, ITN, National Geographic, Channel 4), Governments, NATO Military units, Mineral Exploration companies, Oil companies, Expedition companies, charities, NGO's and private individuals). We regularly deliver courses around the globe.

In order to be 'security aware' you must understand the seeds of conflict, how they grow, how they may affect you, and how to respond to threats to your personal safety. If you need to live and work in unfamiliar or unstable environments, security awareness is a vital

attribute. By attending a Risk Lifesigns™ training course the individual's awareness is heightened and so allows them to make informed assessments of the potential dangers faced and providing them with a mental "toolbox" of knowledge, skills (and therefore, options), thus minimising risk.

Courses Available:

- Hostile/Environment courses
- Safety Personal
- Safety Training for Remote Area Personnel (S.T.R.A.P.)(TM)
- CBRN

“Seriously experienced guys in charge: terrific First Aid stuff and intelligent security scenarios from which even this old war horse learned!”

Jon Snow - Presenter Channel 4 News



OURBOROS CONSULTING™



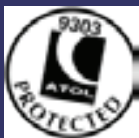
www.ouroborosconsulting.co.uk

Ouroboros Consulting™ is a specialised risk management consultancy providing strategic services to the expedition, school and exploration sectors. Our highly experienced staff can provide a range of bespoke services including critical incident management systems, media management support, safety audits and specialist training packages to your staff both in the UK and overseas.

Consultancy Services we provide include:

- 24-hour Overseas medical support via on-call specialist Doctors
- Medical consultancy
- Region specific medical training
- Incident management training
- Emergency response plans
- NGB qualifications
- Expedition rescue services
- 24-hour Operations room
- Satellite tracking & telephones
- Off-site safety management courses
- Health and safety training
- Post incident reviews
- Security awareness courses
- Expedition leader manuals
- Risk assessment training and documentation
- Expedition leadership training





Adventure Lifesigns™ Ltd is ATOL bonded

All the Adventure Lifesigns™ Ltd flights and flight-inclusive holidays in this brochure are financially protected by the ATOL scheme. Non flight holidays are not ATOL bonded but provide financial protection via the ABTOT route. When you pay for Adventure Lifesigns™ Ltd products you will be supplied with an ATOL Certificate.

Please ask for it and check to ensure that everything you booked (flights, hotels and other services) is listed on it. Please see our booking conditions for further information or for more information about financial protection and the ATOL Certificate go to: www.atol.org.uk/ATOLcertificate

Many of the flights and flight-inclusive holidays in this brochure are financially protected by the ATOL scheme. But ATOL protection does not apply to all holiday and travel services listed in this brochure. Please ask us to confirm what protection may apply to your booking. If you do not receive an ATOL Certificate then the booking will not be ATOL protected. If you do receive an ATOL Certificate but all the parts of your trip are not listed on it, those parts will not be ATOL protected. Please see our booking conditions for information or for more information about financial protection and the ATOL Certificate go to: www.atol.org.uk/ATOLcertificate



The Association of Bonded Travel Organisers Trust Limited (ABTOT) provides financial protection under the Package Travel, Package Holidays and Package Tours Regulations 1992 and in the event of our insolvency, protection is provided for the following:

1. Non-flight packages commencing in and returning to the UK;
2. Non-flight packages commencing and returning to a country other than the UK; and
3. Flight inclusive packages that commence outside of the UK, which are sold to customers outside of the UK.

1, 2 and 3 provides for a refund in the event you have not yet travelled. 1 and 3 provides for repatriation. Please note that bookings made outside the UK are only protected by ABTOT when purchased directly with Adventure Lifesigns™ Ltd.

