COURSE OUTLINE

# Mountain first-aid instructor syllabus

A topic map for planning instructor-led mountain first-aid training. This English reading edition preserves the distinction between the source's 26-hour Russian programme and 30-hour French programme.

English syllabus edition 1.0

Edited learning material / September 2026

# Read the common topic structure

Both source versions begin with the types and aims of first aid, assessment, resuscitation, and equipment for mountain trips. They continue through injury topics, transport or evacuation, internal illness, altitude-related illness, eye/ear/throat/nose topics, burns and cold injury, and hygiene.

These are translated topic headings only. The source does not provide the clinical content of the lessons. No procedures, medicine choices, dosages or treatment steps are supplied in this reading edition.

Planning task: for each topic, the qualified instructor should identify the current teaching material, practical learning activity and method of assessment.

# Compare the source versions

The Russian programme lists thirteen blocks of two hours, including the examination: 26 hours in total. The French programme lists fifteen blocks of two hours: 30 hours in total. The French version includes two additional subjects, mountain survival and nutrition/hygiene for mountain activity, before the final examination.

The French source names physician Pouhov Igor as professor. It does not establish the programme's current availability, accreditation or the present validity of its clinical content. Retain the two versions as distinct source records.

Planning task: decide which source version is being discussed. Record any changes made by the current instructor separately from the historic syllabus.

# Prepare an instructor review

Use this archive to start a curriculum conversation with the person responsible for training. Agree the intended participants, the setting, prerequisites, supervised practice and how learning will be assessed. The archive's topic list is not itself evidence that somebody has completed training.

The instructor must supply current clinical guidance and locally appropriate emergency arrangements. The website edition deliberately remains a syllabus so that a historical outline cannot be mistaken for instructions to use during an incident.

Planning task: record the instructor, the teaching-material edition and the review date alongside the new course plan. Keep those current decisions separate from this undated source.

SOURCE RECORD

# Sources and edition

English topic summary of Secourisme. plan de cours.doc. The French section names physician Pouhov Igor as instructor. The undated source contains a 26-hour Russian syllabus and a 30-hour French syllabus. This resource records their structure; it provides no treatment instructions, current clinical protocol, certification or substitute for qualified practical instruction.

Source documents

Secourisme. plan de cours.doc