

Advanced Wilderness First Aid Course

Price \$465/person,

Cover the essentials of dealing with disaster and medical emergencies in remote environments.

- >CPR-C
- > Planning
- > Bone, muscle and joint injuries
- > Your health
- > Sudden medical emergencies
- > Assessment
- > Environmental emergencies
- > Airway emergencies > Poisons
- > Breathing and circulation emergencies
 - > Extended care
- > Cardiac and respiratory arrest (includes CPR-C)
- > Evacuation: transporting the ill or injured
- > Wound care injured person
- > Head and spine injuries
- > Musculoskeletal Injuries
- >Evacuation and Communication

Includes any other content required by specific legislation

ADVANCED WILDERNESS FIRST AID

DAY 1

Registration and introduction

Review of Evaluation Criteria – Test and Simulation

Wilderness Emergency Care

CPR and AED with Wilderness protocols

Leader Responsibilities and Liability

Review of Principal Body Systems

- ✓ Overview of Homeostasis

Respiratory, Cardiovascular, Central Nervous Systems

Backcountry Management of Shock

Leadership and Accident Scene Management

Patient Assessment System (SOAP)

Scene survey & safety

Primary survey

- ✓ Backcountry implications of CPR
- ✓ Airway management
- ✓ Spinal cord injury management

Secondary survey

- ✓ Vitals - establishing a baseline
- ✓ Medical history
- ✓ Physical exam
- ✓ Recording observations, assessment

Long-term patient care and monitoring

- ✓ Diabetes
- ✓ Allergic reactions

Simulation

DAY 2 Backcountry Wound Management

- ✓ Bleeding
- ✓ Preventing infection
- ✓ promoting healing
- ✓ Dressing and long-term care

First Aid Kits and Supplies

Backcountry Water Disinfection

Traumatic injuries

- ✓ Head injuries
- ✓ Spinal injuries
- ✓ Chest injuries
- ✓ Abdominal injuries

DAY 3 Environmental Emergencies

- ✓ Hypothermia and frostbite
- ✓ Toxins, bites, stings
- ✓ Lightning
- ✓ Submersion accidents

Musculoskeletal injuries

- ✓ Anatomy
- ✓ Types of injuries
- ✓ Assessment
- ✓ Management
- ✓ Practical and Simulations

DAY 4 Medical Problems and Emergencies

- ✓ Epilepsy and seizures
- ✓ Gastrointestinal disorders
- ✓ Medications

Simulations

Course Review

Course Debriefing