

Wilderness First Aid Course

Price \$265/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 >Environmental, Poisons, Injury
- > 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

WILDERNESS FIRST AID

DAY 1 –Evening or afternoon 3-4 hrs

- **Registration and introduction**
- Review of Evaluation Criteria – Test and Simulation
- Wilderness Emergency Care
- CPR and AED with Wilderness Protocols

DAY 2- 9:00-17:00

- Review of Principal Body Systems
 - ✓ Homeostasis and body systems
- Respiratory, Cardiovascular, Central Nervous Systems

Backcountry Management of Shock 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

Tramatic Injuries

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

Long-term patient care and monitoring

- ✓ Diabetes
- ✓ Allergic reactions
- ✓ Epilepsy and seizures

Simulation

DAY 3 9:00-17:00

Backcountry Wound Management

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

First Aid Kits and Supplies

Backcountry Water Disinfection

- ✓ Hypothermia and frostbite
- ✓ Lightning

Musculoskeletal injuries

- ✓ Anatomy
- ✓ Types of injuries
- ✓ Assessment

Simulations

Course Review

Course Debriefing