



WILDERNESS FIRST AID

This is an experientially based 16-hour course designed for individuals who will be participating in outdoor activities within hours of medical assistance. The course will provide participants with an introduction to wilderness first aid. Basic topics are covered with an emphasis on practical skills, decision making and dealing with environmental conditions. Pre-requisite: CPR

DAY 1 Registration and introduction

Review of Principal Body Systems Backcountry Management of Shock Patient Assessment System

- Primary survey
- Secondary survey
- Assessment

Soft Tissue injuries Traumatic injuries

- Head injuries
- Spinal cord injuries
- Chest injuries

First Aid Kits and Supplies Backcountry Water Disinfection

DAY 2 Musculoskeletal injuries

- Assessment
- Sprains, fractures, overuse injuries
- Improvised splinting

Environmental Emergencies

- Hypothermia and frostbite
- Hyperthermia
- Drowning
- Lightning
- Insect stings and poison ivy

Managing Medical Problems

Simulations and Course Review Exam and Exam Review Course Debriefing