

## **WILDERNESS FIRST AID (WFA)**

**16-18 hours over 2 days**

Wilderness First Aid is an excellent introduction to wilderness emergency care. The program's goal is to equip participants with the basic knowledge and skills to adapt first-aid techniques to the demands of wilderness locations. This course's primary goal is to equip students to identify potential life threatening emergencies and their severity within a wilderness context. This course is ideal for those who want a brief but intense introduction to wilderness first-aid and are primarily doing personal trips and outings in remote areas. CPR included and recognized for workplace safety standards.

### **Typical Schedule:**

**Day 1:** - Registration, Introduction; Patient Assessment System; CPR; Circulatory System; Nervous System; Respiratory System; Fractures, Stable Injuries; Splints 1-Extremities; Electives

**Day 2:** - Hypothermia; Hyperthermia and Heat Illness; Near Drowning; Lightning Injuries; Wounds and Burns; Anaphylaxis; Lifting, Moving Extrication; Patient Carries; Backcountry Medicine

Dates: May 9<sup>th</sup> & 10<sup>th</sup> 2009

Cost: TBA in Feb. 2009

## **WILDERNESS ADVANCED FIRST AID (WAFA)**

**40 hours over 4 days**

This course is ideally suited to those to those that will travel in a context where a hospital may be hours away. The main focus is the prolonged care and stabilization of patients until a rescue team or additional resources can be obtained to help with evacuation. A judgment-based approach in critical thinking to successfully dealing with medical emergencies in a remote setting is applied. Learning Working to improvised equipment and anticipate potential risks to your patient are a major component of this course. Advanced medical techniques learned include anaphylaxis management, spine clearing exam, wound cleaning, and CPR cessation.

### **Typical Schedule:**

**Day 1:** - Introduction/Registration; General Concepts; Infection Control; Patient Assessment System; Circulatory & Respiratory Systems; Adult CPR; Basic Life Support

**Day 2:** - Quiz/Case Studies; Nervous System, Spine Management; Musculoskeletal Injuries; Lifts, Moves, and Extrications; Splints - Extremities; Patient Assessment Drills

**Day 3:** - Quiz/Case Studies; Thermoregulation; Bites and Stings; Lightning; Elective Topics; Wounds and Burns; Allergies and Anaphylaxis; Improvised Patient Carries; Patient Assessment Drills

**Day 4:** - Case Study Review; Elective Topic; Backcountry Medicine; Medical and Legal Issues; Patient Assessment Drills; Simulations; Final Exam; Conclusion

Dates: May 23<sup>rd</sup>, 24<sup>th</sup>, 30<sup>th</sup> & 31<sup>st</sup> 2009

Cost: TBA in Feb. 2009