



COURSE OUTLINE

Wilderness First Aid

Wilderness First Aid is intended for individuals who work in remote regions beyond the immediate reach of emergency medical services. The course offers participants an introduction to wilderness first aid, emphasizing prevention, practical skills, decision-making, and addressing environmental conditions. The course content is customized in consultation with the client to align with the specific demands of the client's work environment. The program also covers CPR/AED Heart Saver for the Lay Rescuer.

COURSE CONTENT

DAY 1

Registration and Introduction
Review of Principal Body Systems
Emergency Scene Management
Emergency Medical Services (EMS)
Preventing Disease Transmission

Patient Assessment System (PAS)

- Primary survey
- Secondary survey
- Vital signs
- Physical exam
- Accident report and recording
- Ongoing assessment

CPR/AED

- Adult, child
- Airway obstruction
- Wilderness considerations

Shock

- Long-term patient care

Patient Moving and Transportation

Soft Tissue Injuries

- Types of bleeding
- Types of wounds
- Burns
- Blisters
- Wound management
- Bandaging and dressings

Traumatic Injuries

- Head, neck and spinal injuries
- Chest injuries
- Abdominal injuries

First Aid Kits and Supplies

Backcountry Water Disinfection

DAY 2

Medical Emergencies

- Heart attack
- Stroke
- Seizures
- Diabetes
- Asthma, allergies and anaphylaxis

Musculoskeletal Injuries

- Assessment
- Sprains, strains, fractures
- Immobilization and splinting

Environmental Emergencies

- Cold-related illnesses
- Heat-related illnesses
- Lightning
- Submersion accidents
- Bites and stings

Exam

Course Debriefing