



# COURSE OUTLINE

## Advanced Wilderness First Aid

**Advanced Wilderness First Aid** has become a minimum standard for outdoor professionals working in wilderness settings. The course provides participants with a solid foundation in wilderness first aid, emphasizing prevention, practical skills, decision-making, and managing environmental conditions. This advanced program goes beyond the material covered in the Wilderness First Aid program. Topics include accident scene management, group leadership, rescuer responsibility and liability, injury prevention, advanced first aid kits, wound management, and trauma victim care. The program also includes CPR/AED training for the Lay Rescuer.

### COURSE CONTENT

#### DAY 1

- Registration and Introduction
- First Aid in the Workplace
- Remote Environments
- Leadership Considerations
- Responsibility and Liability
- Medico-Legal Issues
- Emergency Scene Management
- Emergency Medical Services (EMS)
- Preventing Disease Transmission
  
- Anatomy and Physiology
  - Homeostasis
  - Surface anatomy
  - Body systems
  
- Shock
  - Types of shock
  - Management of shock
  - Evacuation guidelines
  - Long-term patient care
  
- Patient Moving and Transportation
  - Rolls
  - Drags
  - Lifts
  - Carries and litters
  
- Patient Assessment System (PES)
  
- Primary Survey
  - Dealing with life-threatening conditions
  - Assessment of ABCs
  
- CPR/AED
  - Adult, child
  - Airway obstruction
  - Wilderness considerations
  
- Secondary Survey
  - Vital signs
  - Physical exam
  - Medical history
  - Accident report and recording
  - Ongoing assessment

**DAY 2**

## Soft Tissue Injuries

- Types of bleeding
- Types of wounds
- Burns
- Blisters
- Wound management
- Bandaging and dressings
- Long-term wound care

## Traumatic Injuries

- Mechanism of injury
- Eye injuries
- Teeth injuries
- Head injuries
- Spinal injuries
- Chest injuries
- Abdominal injuries

**DAY 3**

## Environmental Emergencies

- Cold-related illnesses
  - Hypothermia
  - Frostbite
  - Immersion foot
- Heat-related illnesses
  - Heat exhaustion
  - Hyperthermia
  - Cold water immersion
  - Dehydration / rehydration
- Bites and stings
- Submersion accidents
- Lightning
- Snow blindness

## First Aid Kits and Supplies

## Medication Considerations

## Backcountry Water Disinfection

## Musculoskeletal Injuries

- Assessment
- Strains
- Sprains and fractures
- Immobilization and splinting

**DAY 4**

## Medical Emergencies

- Heart Attack
- Stroke
- Seizures
- Diabetes
- Non-traumatic abdominal emergencies
- Asthma
- Allergies and anaphylaxis

## Exam

## Course Debriefing