



COURSE PLAN

Wilderness First Aid (hybrid)

Wilderness First Aid (20h hybrid) 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.

ONLINE

Introduction to Wilderness First Aid

Foundation and prevention

- *Obligations and responsibilities*
- *Leadership*
- *Communications*
- *Disease transmission*
- *Water treatment*

Anatomy and Physiology

- *Main systems*
- *Cell homeostasis*
- *The state of shock*

Patient Evaluation System (PES)

Vital emergencies

- *Opioid overdose*
- *Major bleeding*
- *Automated external defibrillators (AEDs)*
- *Airway obstruction*

Soft tissue lesions

- *Types of wounds*
- *Burns*
- *Blisters*
- *Hooks*
- *Preparing a first-aid kit*

Traumatic and musculoskeletal injuries

- *Physical examination of the face and neck*
- *Eye injuries*
- *Nosebleed*
- *Ear laceration*
- *Head injuries*
- *Restriction of spinal movement*
- *Musculoskeletal injuries*

Environmental emergencies

- *Lightning*

- *Bites and stings*
- *Submergence accidents*

DAY 1

Registration and introduction

Review of prevention

Managing an emergency situation in an isolated environment

Patient Evaluation System (PES)

- *Extreme bleeding*
- *Primary examination*
- *Patient Moving and Transportation*
- *Secondary examination*
- *Vital signs*
- *Physical examination*
- *Medical questionnaire*
- *Data logging*
- *Continuous assessment*
- *Evacuation*

Medical emergencies

- *Angina and Heart attack*
- *Cerebrovascular accident (CVA)*
- *Epileptic seizures*
- *Diabetes*
- *Gastroenteritis*
- *Acute Abdominal conditions*
- *Asthma*
- *Allergies reactions*
- *Anaphylaxis and epinephrine administration*
- *Poisons and toxins*
- *Medications*

DAY 2

CPR/AED

- *CPR Adult, child, infant*
- *Considerations specific to remote areas*

Soft tissue lesions

- *The body's response to injury*
- *Wound care*
- *First-aid supplies - bandages and dressings*

Musculoskeletal injuries

- *A review of the assessment and management of musculoskeletal injuries*
– *Strains, sprains and fractures*
- *Immobilization and splinting*
- *Specific supplies*

Traumatic injuries

- *Head injuries*
- *Spinal injuries*
- *Thoracic injuries*
- *Abdominal injuries*

Environmental emergencies

- *Cold injuries*
- *Heat-related disorders*
- *Dehydration*