



## **Wilderness Anaphylaxis Training (WAT) - 2 Hours**

Our 2-hour course is designed for outdoor enthusiast, trip leaders, guides, outdoor educators, and land agency field staff who may have to administer an epinephrine auto-injector to others while working, traveling and/or recreating in the backcountry.

This course focuses on recognition and treatment of anaphylaxis as well as emergency follow-up procedures.

### **Course Topics Include:**

- Common causative agents
- Recognition of symptoms of anaphylaxis
- Recognition of signs of anaphylaxis
- Acquisition and disposal of epinephrine auto-injectors
- Maintenance and quality assessment of epinephrine auto-injectors

### **Emergency use of an epinephrine auto-injector:**

- Indications
- Contra indications
- Adverse effects
- Administration by auto-injector
- Dosing
- Drug actions
- Proper storage, handling and disposal of used/or expired injectors
- Good Samaritan law
- Consent law
- Emergency Care Plans
- Activation of the EMS system by calling 9-1-1
- Commonly available models of epinephrine auto-injectors

### **Skill Station & Scenarios**

- Participants will practice with an Epi-Pen auto injector trainer
- Participants will work through three anaphylaxis scenarios

### **Final Written Exam**