



WILDERNESS FIRST AID COURSE OUTLINE 16-HOURS

Day 1

What is Wilderness Medicine?

Medical Legal Issues

EMS System

Preventing Disease Transmission

Anatomy & Physiology

Cardiopulmonary System

Basic Life Support

Adult and Child

AED (elective topic)

Wilderness CPR Considerations

CPR Practical

Patient Assessment

Calling a Rescue

CPR & Primary Exam Hotspot

Bleeding & Hypovolemic Shock

Soft Tissue Injuries

Wilderness wound management

Aggressive Bleeding Control

Hemostatic Agents

Hygiene/Infections/MRSA

Burn Management

Orthopedic Injuries

Wilderness Athletic Injuries

Fractures

Improvised splints

Splint Skill Station

Spine Injuries

Focused Spine Assessment (FSA) (elective topic)

Spine Injury Management

Moving Patients/Rolls

Homework Reading Assignment:

Micro medics

Ear/Eye/Nose Problems

Dental Problems Flu-Like Illnesses

Sun Related Problems

Skin Related Problems

Blisters

Fish Hooks/Splinters

Poisons/Toxins (elective topic)

Motion Sickness

Day 2

Traumatic Brain Injuries

Chest & Abdominal Injuries

Backcountry Medical Problems Overview

Allergies & Anaphylaxis

Respiratory Emergencies

Cardiac Emergencies

Diabetic Emergencies

Environmental Medicine

Dehydration/ Rehydration

Hyponatremia

Heat Illnesses

Hypothermia

Local Cold Injuries (elective topic)

Altitude Illnesses (elective topic)

Lightning Injuries

Bites & Stings (elective topic)

Water Emergencies

Helicopter Safety & LZ

First-Aid Kits

Group Scenarios

Managing Evacuations

Final Practical Group Scenario