



ADVANCED WILDERNESS FIRST AID

for OUTDOOR LEADERS

40 HRS

This course has become a minimum standard for outdoor professionals and instructors who work in a wilderness setting. Course contents extends far beyond urban based first aid programs to include elements inherent in leading groups in the outdoors and guiding wilderness adventures. Special emphasis is placed on accident scene management, group leadership, leader responsibility and liability, prevention of injuries, advanced first aid kits, wound management and managing the trauma victim. **Pre-requisite: CPR preferred**

COURSE OUTLINE

DAY 1 (8:30 AM - 12:00; 1:00 -6:00)

Registration and introduction

Wilderness Pre-hospital Care

Leadership and Accident scene management

Review of principle body systems

Homeostasis and tissue tolerances

Nervous system

Cardiovascular system

Respiratory systems and airway management

Background management of shock

Back country implications of CPR

Leadership and Accident scene management

Patient Assessment System (SOAP)

Scene survey and safety

Primary survey

Secondary survey - Establishing a baseline

Medical history

Head to toe patient exam

Assessment

Recording observations

Long Term patient care and monitoring

Practical outside scenarios

ph-705-866-6069, fax 866-6070

Rick Wise -Instructor -info@horizonsadventures.ca

DAY 2 (8:30 AM - 12:00; 1:00 -6:00 PM)

Back country wound management

- Bleeding
- Preventing infection
- Promoting healing
- Normal Healing process
- Dressing and long term care

First Aid Kits and Supplies

Back Country Water disinfection

INJURIES DUE TO TRAUMA

- Head injuries
- Spinal cord injury management
- Chest injuries
- Abdominal injuries
- Outdoor Simulation

DAY 3 Environmental emergencies

- Cold related illness
- Heat related illnesses
- Toxins
- Lightning
- Immersion accidents

Musculoskeletal injuries

- Anatomy
- Types of injuries
- Assessment
- Management

DINNER

Open session to deal with loose ends,

Practical and Simulations (eve- 6:30 - 12:00 pm)

DAY 4 Medical Problems and Emergencies

- Diabetes Mellitus
- Allergic reactions
- Epilepsy and seizures
- Gastrointestinal disorders
- Drugs
- Long term patient care and monitoring
- Patient Packaging, transportation and evacuation - (practical)
- Simulations

Common Expedition problems

Review course materials

Exam

Review exam

Debrief course

ph-705-866-6069, fax 866-6070

Rick Wise -Instructor -info@horizonsadventures.ca