



WILDERNESS FIRST AID

This is a practical based course designed for individuals who will be participating in outdoor activities within hours of medical assistance. This course will provide participants with an introduction to wilderness first aid. Basic topics are covered with an emphasis on practical skills, decision making and dealing with environmental conditions.

DAY 1

- * **Registration and introduction**
- * **Wilderness Pre-hospital Care**
- * **Review of principle body systems**
- * **Background management of shock**
- * **Patient Assessment System (SOAP)**
 - * Primary Survey
 - * Secondary Survey
 - * Assessment

- * **First aid kits and supplies**
- * **Back country water disinfection**
- * **Soft tissue injuries**
- * **Traumatic injuries**
 - * Head injuries
 - * Spinal cord injury management
 - * Chest injuries

- * **Simulations**

DAY 2

- * **Musculoskeletal injuries**
 - * Assessment
 - * Sprains
 - * Improvised splinting

- * **Environmental Emergencies**
 - * Cold related injuries/illnesses
 - * Heat related illnesses

- * **Simulation and Review**
- * **Exam (optional)**
- * **Course Debriefing**