



**CANADIAN  
RED CROSS**  
TRAINING  
PARTNER

**CROIX-ROUGE  
CANADIENNE**  
PARTENAIRE  
DE FORMATION

## Advanced Wilderness First Aid Course

**Price \$465/person,**

Cover the essentials of dealing with disaster and medical emergencies in remote environments.

- >CPR-C
- > Planning
- > Bone, muscle and joint injuries
- > Your health
- > Sudden medical emergencies
- > Assessment
- > Environmental emergencies
- > Airway emergencies > Poisons
- > Breathing and circulation emergencies
  - > Extended care
- > Cardiac and respiratory arrest (includes CPR-C)
- > Evacuation: transporting the ill or injured
- > Wound care injured person
- > Head and spine injuries
- > Musculoskeletal Injuries
- >Evacuation and Communication

*Includes any other content required by specific legislation*

# ADVANCED WILDERNESS FIRST AID

## DAY 1

### Registration and introduction

Review of Evaluation Criteria – Test and Simulation

Wilderness Emergency Care

### CPR and AED with Wilderness protocols

Leader Responsibilities and Liability

Review of Principal Body Systems

- ✓ Overview of Homeostasis

Respiratory, Cardiovascular, Central Nervous Systems

### Backcountry Management of Shock

### Leadership and Accident Scene Management

### Patient Assessment System (SOAP)

*Scene survey & safety*

*Primary survey*

- ✓ Backcountry implications of CPR
- ✓ Airway management
- ✓ Spinal cord injury management

*Secondary survey*

- ✓ Vitals - establishing a baseline
- ✓ Medical history
- ✓ Physical exam
- ✓ Recording observations, assessment

### Long-term patient care and monitoring

- ✓ Diabetes
- ✓ Allergic reactions

### Simulation

## **DAY 2 Backcountry Wound Management**

- ✓ Bleeding
- ✓ Preventing infection
- ✓ promoting healing
- ✓ Dressing and long-term care

## **First Aid Kits and Supplies**

### **Backcountry Water Disinfection**

### **Traumatic injuries**

- ✓ Head injuries
- ✓ Spinal injuries
- ✓ Chest injuries
- ✓ Abdominal injuries

## **DAY 3 Environmental Emergencies**

- ✓ Hypothermia and frostbite
- ✓ Toxins, bites, stings
- ✓ Lightning
- ✓ Submersion accidents

### **Musculoskeletal injuries**

- ✓ Anatomy
- ✓ Types of injuries
- ✓ Assessment
- ✓ Management
- ✓ Practical and Simulations

## **DAY 4 Medical Problems and Emergencies**

- ✓ Epilepsy and seizures
- ✓ Gastrointestinal disorders
- ✓ Medications

## **Simulations**

### **Course Review**

### **Course Debriefing**