



**CANADIAN
RED CROSS**
TRAINING
PARTNER

**CROIX-ROUGE
CANADIENNE**
PARTENAIRE
DE FORMATION

Advanced Wilderness First Aid Course

Price \$425/person,

Cover the essentials of dealing with disaster and medical emergencies in remote environments.
Special offering for Cambrian Students

- >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 Wilderness Emergency Care Leader Responsibilities and Liability Review of Principal Body Systems

- Homeostasis
- Nervous system
- Cardiovascular system
- Respiratory system

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 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
- Hyperthermia
- Toxins, bites, stings
- Lightning
- Submersion accidents

Musculoskeletal injuries

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

DAY 4 Medical Problems and Emergencies

- Diabetes
- Allergic reactions
- Epilepsy and seizures
- Gastrointestinal disorders
- Medications

Common Wilderness Problems

Simulations

Course Review

Exam and Exam Review

Course Debriefing