



# COURSE OUTLINE

## Wilderness First Aid

**Wilderness First Aid** is designed for individuals who work in remote regions outside the immediate range of emergency medical services. The course provides participants with an introduction to wilderness first aid, with an emphasis on prevention, practical skills, decision making and dealing with environmental conditions. Course content is adapted in consultation with the client to reflect the reality of the client's work environment. The program includes CPR/AED Heart Saver for the Lay Rescuer.

### COURSE CONTENT

#### DAY 1

Registration and Introduction  
Review of Principal Body Systems  
Emergency Scene Management  
Emergency Medical Services (EMS)  
Preventing Disease Transmission

#### Patient Assessment System (SOAP)

- Primary survey
- Secondary survey
- Vital signs
- Physical exam
- Accident report and recording
- Ongoing assessment

#### CPR/AED

- Adult, child
- Airway obstruction
- Wilderness considerations

#### Shock

- Long-term patient care

#### Patient Moving and Transportation

#### Soft Tissue Injuries

- Types of bleeding
- Types of wounds
- Burns
- Blisters
- Wound management
- Bandaging and dressings

#### Traumatic Injuries

- Head, neck and spinal injuries
- Chest injuries
- Abdominal injuries

#### First Aid Kits and Supplies

Backcountry Water Disinfection

## **JOUR 2**

### Medical Emergencies

- Heart attack
- Stroke
- Seizures
- Diabetes
- Asthma, allergies and anaphylaxis

### Musculoskeletal Injuries

- Assessment
- Sprains, strains, fractures
- Immobilization and splinting

### Environmental Emergencies

- Cold-related illnesses
- Heat-related illnesses
- Lightning
- Submersion accidents
- Bites and stings

Exam

Course Debriefing