



COURSE OUTLINE

Wilderness First Responder – Bridge Course

Bridge to Wilderness First Responder is designed for those who wish to upgrade their Advanced Wilderness First Aid certification to that of a Wilderness First Responder (WFR). The WFR is a certification for search and rescue personnel and outdoor professionals working in remote settings and those requiring a solid foundation in wilderness pre-hospital emergency care. Course curriculum is at the level of the Emergency Medical Responder with an emphasis on prevention, practical skills, decision making and dealing with environmental conditions. In addition to reviewing material covered in the 40-hour program, this course covers traumatic injuries, incident command, long-term patient care, leader responsibility and liability, advanced first aid kits, wound cleaning, evacuation procedures, altitude, search and rescue, and working with Emergency Medical Services. The program includes CPR/AED for the Health Care Provider.

COURSE CONTENT

DAY 1

Registration and Introduction

Responsibility and Liability (review as required)

- Medico-legal Issues
- Risk management and accident prevention

Patient Assessment System

- Scene survey and universal precautions
- Primary Survey (ABC)
- Secondary Survey
- Triage

Advanced Diagnostic Tools

- Use of thermometers
- Use of stethoscope
- Use of sphygmomanometer (BP cuff)
- Use of pulse oximeter
- Recording vital signs

Long-Term Care

- Monitoring and Recording

Basic Life Support (Healthcare Provider)

- Resuscitation Manoeuvres for adults, children and infants (CPR, rescue breathing, obstructed airways)
- Automated External Defibrillator (AED)
- Wilderness considerations

DAY 2

Basic Principles of Human Anatomy and Physiology

- Homeostasis
- Common expedition problems

Backcountry Management of Shock

Adjuncts to Airway management

- Oropharyngeal airways
- Nasopharyngeal airways
- Manual suction device

Oxygen Delivery Equipment and Application

- Oxygen and equipment set up
- Bag valve mask
- Oxygen masks and delivery
- CPR face mask with O₂ port

Backcountry Water Disinfection

Soft Tissues Injuries

- Types of wounds
- Bleeding management and priorities
- Preventing infection and wound cleaning
- Wound closures
- Technical dressing and long-term care

Emergency Communication, Decision Making and Evacuation

DAY 3

First Aid Kits and Specialized Equipment for First Responders

- Trauma kit contents
- Use of trauma kit
- Use of personal protective devices
- Face mask
- Use of gloves

Environmental Problems (Review and Simulations)

- Hypothermia and frostbite
- Hyperthermia
- Dehydration and rehydration
- Lightning
- Snow Blindness
- Wildlife bites and stings
- Submersion accidents
- Altitude sickness
- Diving emergencies

Traumatic Injuries (Review and Simulations)

- Head injuries
- Spinal cord injuries
- Head immobilization devices
 - Cervical collars
 - Improvised collars
 - Backboard immobilisation
 - Improvised litters
- Chest injuries
- Abdominal Injuries

DAY 4

Musculoskeletal Injuries

- Types of injuries
- General treatment (RICE)
- Immobilisation techniques
- Stabilisation techniques
- Commercial splinting devices

Transport and Carries

- Rolls
- Improvised litters

Emergency Leadership

Incident Command System (ICS)

Working with Emergency Medical Services (EMS)

Search and Rescue (SAR)

DAY 5

Medical Problems

- Preparation and assessment
- Cardiovascular diseases
- Seizures and neurological disorders
- Diabetes
- Non-traumatic abdominal emergencies
- Asthma
- Allergic Reactions
- Poison and Toxins
- Genitourinary emergencies

Medication

- Considerations for use
- Common medication found in the backcountry

Psychological and Emotional Stress

Course Review

Practical Exam

Exam and Exam Review

Course Debriefing