



COURSE OUTLINE

Wilderness First Responder

Wilderness First Responder is designed 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, helicopter safety, 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
First Aid in the Workplace
Wilderness Considerations
Remote Environments
Leadership Considerations
Responsibility and Liability
Medico-Legal Issues
Emergency Medical Services (EMS)
Preventing Disease Transmission
Universal Health Precautions

Anatomy and Physiology

- Homeostasis
- Surface anatomy
- Body systems

Shock

- Types of shock
- Management of shock

Evacuation Guidelines

- Long-term patient care
- Patient packaging

Emergency Scene Management
Patient Assessment System (SOAP)

Primary Survey

- Dealing with life-threatening conditions
- Assessment of ABCs

DAY 2

Basic Life Support (Healthcare Provider)

- Choking and airway obstruction
- Airway management
- Cardiopulmonary resuscitation (CPR)
- Bag valve masks
- Use of AED
- Wilderness considerations

Adjuncts to Airway Management

- Oropharyngeal airways
- Nasopharyngeal airways
- Manual suction device

Introduction to Oxygen Administration

- Indication for oxygen delivery
- Oxygen delivery equipment

Secondary Survey

- Vital signs
- Physical exam
- Medical history
- Accident report and recording
- Ongoing assessment

DAY 3

Soft Tissues Injuries

- Types of bleeding
- Types of wounds
- Burns
- Blisters
- Wound management
- Bandaging and dressings
- Long-term wound care

DAY 4

First Aid Kits and Supplies

- Leader's essentials
- General considerations

Medication Considerations

Backcountry Water Disinfection

Traumatic Injuries

- Mechanism of injury
- Facial and head injuries
- Spinal Injuries
 - Spinal boards
 - Cervical collars
 - Improvised collars

Traumatic Injuries

- Chest Injuries
- Abdominal Injuries
- Pelvic Injuries

DAY 5

Musculoskeletal Injuries

- Assessment
- Strains
- Sprains & fractures
- Immobilization and splinting

Patient Moving and Transportation

- Rolls
- Drags
- Lifts
- Carries and litters

DAY 6

Environmental Emergencies

- Cold-related illnesses
 - Hypothermia
 - Frostbite
 - Immersion foot
- Heat-related illnesses
 - Heat exhaustion
 - Hyperthermia
 - Dehydration / rehydration

- Snow blindness
- Lightning
- Bites and stings
- Submersion accidents
- Altitude illnesses
- Diving emergencies

Search and Rescue

- Working with EMS
- Incident Command System

DAY 7

Medical Emergencies

- Heart Attack
- Stroke
- Seizures
- Diabetes
- Non-traumatic abdominal emergencies
- Asthma, allergies and anaphylaxis
- Poisons and toxins
- Genitourinary emergencies

DAY 8

Special Considerations

- *Psychological and emotional trauma*
- *Risk management and hazard evaluation*
- *Common backcountry problems*

Exam

Course Debriefing