



COURSE OUTLINE

Wilderness First Responder

Wilderness First Responder is designed for search and rescue personnel and outdoor professionals working in remote settings, as well as individuals seeking a strong foundation in wilderness pre-hospital emergency care. The course curriculum is aligned with the Emergency Medical Responder level and places a significant emphasis on prevention, practical skills, decision-making, and addressing environmental conditions. In addition to reviewing the material covered in the 40-hour program, this course encompasses topics such as traumatic injuries, incident command, long-term patient care, leadership responsibilities and liability, advanced first aid kits, wound cleaning, evacuation procedures, helicopter safety, altitude-related issues, search and rescue operations, and collaboration with Emergency Medical Services. The program also includes CPR/AED training 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 (PES)

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