



# 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 certification is intended for search and rescue personnel and outdoor professionals working in remote settings, providing them with a strong foundation in wilderness pre-hospital emergency care. The course curriculum aligns with the level of an Emergency Medical Responder and emphasizes prevention, practical skills, decision-making, and managing environmental conditions. In addition to reviewing the material covered in the 40-hour program, this course includes topics such as traumatic injuries, incident command, long-term patient care, leadership responsibilities and liability, advanced first aid kits, wound cleaning, evacuation procedures, altitude-related issues, search and rescue operations, and collaboration with Emergency Medical Services. The program also incorporates CPR/AED training for the Health Care Provider.

<b>COURSE CONTENT</b>	<b>DAY 1</b>
	Registration and Introduction
	Responsibility and Liability (review as required) <ul style="list-style-type: none"><li>• Medico-legal Issues</li><li>• Risk management and accident prevention</li></ul>
	Patient Assessment System <ul style="list-style-type: none"><li>• Scene survey and universal precautions</li><li>• Primary Survey (ABC)</li><li>• Secondary Survey</li><li>• Triage</li></ul>
	Advanced Diagnostic Tools <ul style="list-style-type: none"><li>• Use of thermometers</li><li>• Use of stethoscope</li><li>• Use of sphygmomanometer (BP cuff)</li><li>• Use of pulse oximeter</li><li>• Recording vital signs</li></ul>
	Long-Term Care <ul style="list-style-type: none"><li>• Monitoring and Recording</li></ul>
	Basic Life Support (Healthcare Provider) <ul style="list-style-type: none"><li>• Resuscitation Manoeuvres for adults, children and infants (CPR, rescue breathing, obstructed airways)</li><li>• Automated External Defibrillator (AED)</li><li>• Wilderness considerations</li></ul>
	<b>DAY 2</b>
	Basic Principles of Human Anatomy and Physiology <ul style="list-style-type: none"><li>• Homeostasis</li><li>• Common expedition problems</li></ul>
	Backcountry Management of Shock
	Adjuncts to Airway management <ul style="list-style-type: none"><li>• Oropharyngeal airways</li><li>• Nasopharyngeal airways</li><li>• Manual suction device</li></ul>
	Oxygen Delivery Equipment and Application <ul style="list-style-type: none"><li>• Oxygen and equipment set up</li><li>• Bag valve mask</li><li>• Oxygen masks and delivery</li><li>• CPR face mask with O<sub>2</sub> port</li></ul>

## 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