



# ADVANCED WILDERNESS FIRST AID

## Course Outline

Advanced Wilderness First Aid has become a minimum standard for those who work in wilderness settings. This 40-hour course provides participants with a solid foundation in wilderness first aid, with an emphasis on prevention, practical skills, decision making and dealing with environmental conditions. This advanced program extends beyond material covered in the Wilderness First Aid program. Topics include accident scene management, group leadership, rescuer responsibility and liability, prevention of injuries, advanced first aid kits, wound management and managing the trauma victim. The program includes CPR/AED Heart Saver for the Lay Rescuer.

### COURSE CONTENT DAY 1

- Registration and Introduction
- First Aid in the Workplace
- Remote Environments
- Leadership Considerations
- Responsibility and Liability
- Medico-Legal Issues
- Emergency Scene Management
- Emergency Medical Services (EMS)
- Preventing Disease Transmission
- Anatomy and Physiology
  - Homeostasis
  - Surface anatomy
  - Body systems
- Shock
  - Types of shock
  - Management of shock
  - Evacuation guidelines
  - Long-term patient care
- Patient Moving and Transportation
  - Rolls
  - Drags
  - Lifts
  - Carries and litters
- Patient Assessment System (SOAP)
- Primary Survey
  - Dealing with life-threatening conditions
  - Assessment of ABCs
- CPR/AED
  - Adult, child
  - Airway obstruction
  - Wilderness considerations
- Secondary Survey
  - Vital signs
  - Physical exam
  - Medical history
  - Accident report and recording
  - Ongoing assessment

## **DAY 2**

### Soft Tissue Injuries

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

### Traumatic Injuries

- Mechanism of injury
- Eye injuries
- Teeth injuries
- Head injuries
- Spinal injuries
- Chest injuries
- Abdominal injuries

## **DAY 3**

### Environmental Emergencies

- Cold-related illnesses
  - Hypothermia
  - Frostbite
  - Immersion foot
- Heat-related illnesses
  - Heat exhaustion
  - Hyperthermia
  - Cold water immersion
  - Dehydration / rehydration
- Bites and stings
- Submersion accidents
- Lightning
- Snow blindness

First Aid Kits and Supplies

Medication Considerations

Backcountry Water Disinfection

### Musculoskeletal Injuries

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

## **DAY 4**

### Medical Emergencies

- Heart Attack
- Stroke
- Seizures
- Diabetes
- Non-traumatic abdominal emergencies
- Asthma
- Allergies and anaphylaxis

Exam

Course Debriefing