



## WILDERNESS FIRST AID COURSE

Dear WFA Participants –

We look forward to having you in the upcoming Longleaf Wilderness Medicine Wilderness First Aid course. This course will provide you with an introduction to wilderness medicine and help you be more prepared while you are working or recreating in the backcountry.

**For specific course questions, contact:** LWM - 208.274.3596 - [info@longleafmedical.com](mailto:info@longleafmedical.com)

### **Provided During Course:**

- Printed student workbook
- All medical supplies
- WFA & CPR certification card

### **Items to Bring to Course:**

- Water bottle and snacks
- Watch or other time keeping device
- Pen or pencil
- A clothing layer to build splints with - no harm will come to the layer!
- Any field gear that you want to use during medical scenarios and skills practice (e.g., for building splints)

### **Be Prepared For:**

*Format:* There is a lot of content to be covered in 16 hours. Class will be a combination of classroom lectures, hands-on skills practice and medical scenarios. Please be prepared to leave course tired and with a full brain!

*Weather:* Class takes place both inside and outside, regardless of weather conditions. Please dress accordingly; considerations should include layering, rain gear, boots and non-cotton clothing.

*Scenarios:* You may be kneeling or laying on the ground and get dirt or mud on your clothing during the medical scenarios used for skills practice

*Lunch/Breaks:* Depending on the needs of the class, lunch break will be 30-60 minutes long and typically begins between 12:00 and 12:30pm. Short breaks will be provided throughout class.

**About the WFA:**

The Wilderness First Aid course is designed to be an active learning environment where participants are able to learn, practice and demonstrate the skills necessary to respond, assess and treat a variety of injuries and illnesses in remote environments. Successful completion and resulting WFA certification is based on attendance, participation, and skills demonstration. Instructors will provide corrective feedback and skill remediation as necessary in order to guide students toward successful completion.

During the course, certification should be assumed by the participant unless notified by a LWM instructor. In order to get the most out of the training, participants are encouraged to ask questions and seek additional feedback throughout the entirety of the course.

**Other Notes:**

No pre-course work or reading is required for the WFA course.

**Please note:** CPR/AED certification for adults and children is provided as an additional 3 hour module the day after the WFA ends. There is a multiple choice test as part of the CPR class - if you have testing needs, please let your instructors know. There is no testing as part of the Wilderness First Aid course.

**LWM will provide all medical supplies needed for the course**, but you are welcome to bring any of the items that you carry for work or for adventure to class in order to get feedback on splints and other improvisations built from your own equipment. We find that many course participants appreciate the opportunity to use the gear that they carry in the field, whether that be a day pack for hikers or group leaders, items that are required to be carried for scout trip leaders, a SAR pack for search and rescue team members, or a dry bag of items for boaters.

We look forward to meeting you!

LWM Staff



## Wilderness First Aid Course Schedule

### DAY 1

#### **Morning**

Introductions  
Patient assessment system

#### **Afternoon**

Brain and spine injuries  
Spinal injury management  
Bone and joint injuries  
Scenario

### DAY 2

#### **Morning**

Review of patient assessment system  
Chest injuries  
Respiratory distress  
Shock  
Wound management

#### **Afternoon**

Allergies and anaphylaxis  
Submersion injuries  
Thermoregulation  
Hypothermia  
Heat injuries  
Lightning  
Abdominal issues  
Wilderness first aid kits  
Scenario  
Course wrap-up