Wilderness First Aid
Course Overview & Schedule

Day 1

<table>
<thead>
<tr>
<th>Topic</th>
<th>Page Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>Welcome and Introduction</td>
<td></td>
</tr>
<tr>
<td>Wilderness First Aid</td>
<td>6</td>
</tr>
<tr>
<td>Functional Anatomy for First Aid</td>
<td>7</td>
</tr>
<tr>
<td>Patient Assessment</td>
<td>9-16</td>
</tr>
<tr>
<td>Injuries to the Brain and Spine</td>
<td>19-20</td>
</tr>
<tr>
<td>Spinal Injury Management</td>
<td>21-22</td>
</tr>
<tr>
<td>Bone and Joint injuries</td>
<td>23-24</td>
</tr>
<tr>
<td>Scenario</td>
<td></td>
</tr>
</tbody>
</table>

Day 2

<table>
<thead>
<tr>
<th>Topic</th>
<th>Page Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>Review of Patient Assessment</td>
<td></td>
</tr>
<tr>
<td>Chest Injuries</td>
<td>29-31</td>
</tr>
<tr>
<td>Respiratory Distress</td>
<td>36</td>
</tr>
<tr>
<td>Shock</td>
<td>33-35</td>
</tr>
<tr>
<td>Wounds</td>
<td>25-28</td>
</tr>
<tr>
<td>Bites and Stings</td>
<td>49-51</td>
</tr>
<tr>
<td>Allergies and Anaphylaxis</td>
<td>39-40</td>
</tr>
<tr>
<td>Submersion Injuries</td>
<td>54</td>
</tr>
<tr>
<td>Thermoregulation</td>
<td>43</td>
</tr>
<tr>
<td>Hypothermia</td>
<td>46-48</td>
</tr>
<tr>
<td>Heat Injuries</td>
<td>44-45</td>
</tr>
<tr>
<td>Lightning</td>
<td>56</td>
</tr>
<tr>
<td>Abdominal Problems</td>
<td>37-38</td>
</tr>
<tr>
<td>Wilderness First Aid Kits</td>
<td>63-64</td>
</tr>
<tr>
<td>Course Wrap-Up and Recertification Information</td>
<td></td>
</tr>
</tbody>
</table>

Thank you for choosing LWM

Longleaf Wilderness Medicine
PO Box 1616, Sandpoint ID, 83864
Email: info@longleafmedical.com
208.274.3596