



## **Wilderness First Aid Course Schedule**

### **DAY 1**

#### **Morning**

- Introductions
- Patient assessment

#### **Afternoon**

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

### **DAY 2**

#### **Morning**

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

#### **Afternoon**

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