



WILDERNESS FIRST AID COURSE

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