



## WILDERNESS FIRST AID COURSE

Dear WFA Participants –

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

**Dates:** September 24-25, 2016  
**Times:** 8:00am-5:00pm each day  
**Location:** Sisters Parks and Recreation  
1750 W McKinney Butte Rd.  
Sisters, OR 97759

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

### COURSE DESCRIPTION

When you venture away from the road or when a natural disaster occurs, you need more training than is provided in a basic first aid course. The LWM Wilderness First Aid course provides a sound introduction to wilderness emergency medical training. This course is ideal for individuals who take frequent trips into the backcountry or who may be called on to respond during a natural disaster.

During the LWM Wilderness First Aid courses, you will learn how to assess patients, treat common injuries and illness, provide long term patient care, and decide when to call for more help. You'll learn strategies for prevention of injuries, as well as hands-on skills like splinting, wound care, and managing spine injuries.

The LWM WFA curriculum is approved by the American Camping Association. This course **does not** include a CPR certification as part of the 16-hour class.



## **CLASS FORMAT**

The class includes classroom lectures, hands-on skills practice and practical scenarios.

Class will take place both inside and outside. Please wear clothing that can get dirty from kneeling or lying on the ground, or from stage makeup used to simulate wounds and injuries. Also be prepared with outdoor clothing and closed toed shoes that are appropriate for the weather forecast for the course – including rain!

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, a dry bag of items for boaters or gear carried by hunters. LWM will provide all medical supplies needed for the course, but you are welcome to bring any of the items that you carry on your own adventures to class in order to get feedback on splints and other improvisations built from your own equipment.

Other items that you should bring with you for the weekend include:

- A pen or pencil (written course materials will be provided)
- A watch or other timekeeping device
- A lunch (a 60 minute break allow you to eat off site, if preferred)
- Water bottle and snacks

We look forward to meeting you!

LWM Staff



## 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