



## **Wilderness First Responder Recertification Course Schedule**

### **Day 1**

- Introductions and course overview
- Review of pre-test
- Medical legal
- Patient assessment
- Scenario
- Spine care
- Patient packaging
- Hypothermia

### **Day 2**

- Shock
- Bleeding control
- Wound care and management
- Musculoskeletal
- Assessment and management of altered mental status
- Scenario
- Head injuries
- Allergies and anaphylaxis

### **Day 3**

- CPR
- Backcountry medical
- Heat injuries
- Lightning
- Altitude
- Chest injuries
- Skills assessment
- Written testing