



Wilderness First Responder Course Schedule – 9 Day

Day 1

- Introductions and course overview
- Medical/legal issues in the wilderness
- Anatomy and physiology
- Patient assessment
- Documentation

Day 2

- Circulatory system
- Respiratory system
- Shock
- Communication
- CPR

Day 3

- Nervous system
- Spinal cord injuries and management
- Lifting, rolling, and packaging patients
- Head injuries

Day 4

- Musculoskeletal injuries
- Splinting
- Neurological emergencies

Day 5

- Bleeding control
- Wound care and management
- Burns
- Chest injuries
- Scenario

Day 6

- Backcountry medical emergencies
- Allergies and anaphylaxis
- Hypothermia and heat injuries

Day 7

- Lightning
- Altitude
- Submersion
- Plant toxins
- Search and rescue
- Mental health

Day 8

- Eyes, ears, nose and teeth
- Genitourinary
- First aid kits
- Final scenario

Day 9

- Final review
- Skills assessment
- Final written test